

Fact Sheet - Indigenous Health

# 'Yarning Kidneys'

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## 'Yarning Kidneys'

Kidney Health Australia's new 'Yarning Kidneys' sessions and consultation process will improve kidney care for Aboriginal and Torres Strait Islander Peoples. During these sessions, Aboriginal and Torres Strait Islander Peoples will share vital information on KHA-CARI guideline content and on how medical professionals can utilise this resource to improve Indigenous kidney care.

Funded by the Australian Government, the 'Yarning Kidneys' sessions are an opportunity for Aboriginal and Torres Strait Islander Peoples in metropolitan, regional and remote areas across Australia (with the exception of the Northern Territory as consultations have been conducted by the 'Catching Some Air Project'), to talk about what is most important to them and their kidney health.



Contact your doctor or Aboriginal medical service if you need more information.

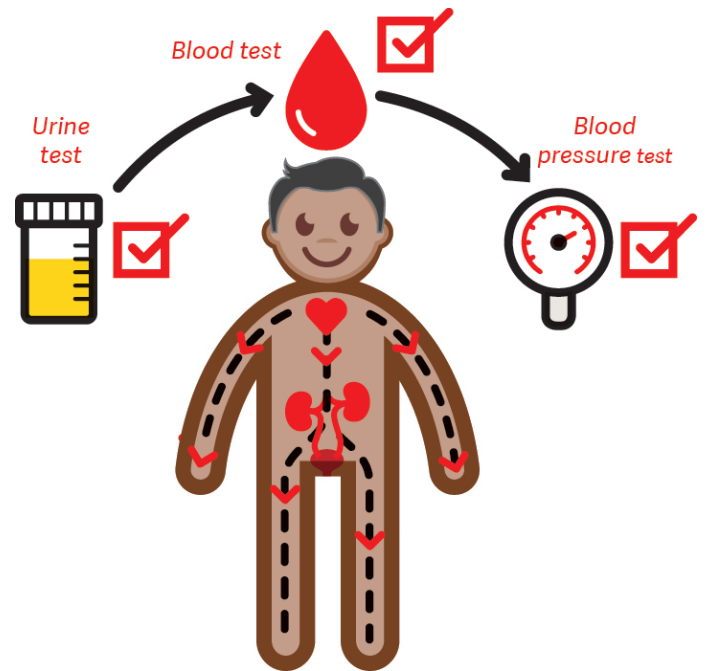
## Why kidneys are important?

The kidneys play a major role in maintaining your general health and wellbeing. The kidneys create urine from excess fluid and unwanted chemicals or waste in your blood. Your blood supply circulates through the kidneys about 12 times every hour and each day your kidneys process around 200 litres of blood.

Almost 1 in 5 (18%) Aboriginal and Torres Strait Islander Peoples aged over 18 years have indicators of chronic kidney disease which is twice as likely than non-Indigenous Peoples.

### What is a Kidney Health Check?

- A blood test, to find out the level of waste products in your blood and calculate your estimated glomerular filtration rate (eGFR).
- A urine test, to check for albumin (a type of protein) or blood in your urine.
- A blood pressure test, as kidney disease causes high blood pressure and high blood pressure causes kidney disease.



## Advisory group

Kidney Health Australia has established an advisory group to provide advice to ensure the consultations are respectful and responsive to the needs of Aboriginal and Torres Strait Islander Peoples.

This group comprises of: Associate Professor Shilpa Jesudason, Advisory Group Chair, Kidney Health Australia Clinical Director (SA); Professor Alan Cass, Menzies School of Health Research (NT); Dr Martin Howell, KHA-CARI Office (NSW); Dr Jaqui Hughes, Menzies School of Health Research (NT); Dr Janet Kelly, The University of Adelaide (SA); Dr Odette Pearson, South Australian Health and Medical Research Institute (SA); Ms Rochelle Pitt, Apunipima Cape York Health Council Limited (QLD); NACCHO Representative, Ms Jess Styles, National Aboriginal Community Controlled Health Organisation (NACCHO) (ACT).



For more information or to contact the members of the advisory group, please contact Kidney Health Australia on freecall 1800 454 363 or email [IKH@kidney.org.au](mailto:IKH@kidney.org.au). Visit our website [kidney.org.au](http://kidney.org.au) to access free health literature.

*Warning: Aboriginal and Torres Strait Islander Peoples are warned that this resource may contain images of persons now deceased.*



If you have a **hearing or speech impairment**, contact the National Relay Service on **1800 555 677** or [relayservice.com.au](http://relayservice.com.au)

For all types of services ask for 1800 454 363

Contact your doctor or Aboriginal medical service if you need more information.