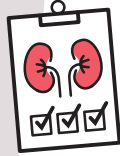


90% of kidney function can be lost without experiencing any symptoms

Kidney Disease

Are you at risk?

Connect with us:
Freecall 1800 454 363
kidney.org.au



Complete the risk assessment on the back of this card to find out if you need a **Kidney Health Check**.

A **Kidney Health Check** includes:



Blood Test

To check how well your kidneys are filtering your blood.



Urine Test

To check for protein in your urine.



Blood Pressure Check

High blood pressure can damage your kidneys.

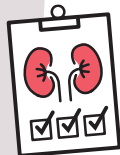


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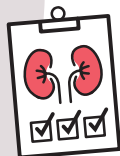


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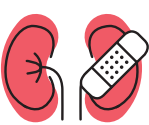

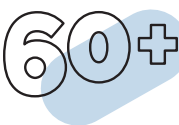
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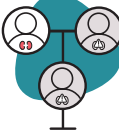
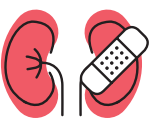

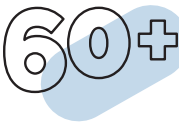
The following groups are at increased risk of kidney disease. Do any apply to you?

(if **yes**: please circle)

 Diabetes	 High blood pressure	 Current or former smoker	 Very overweight or obese	 Had a stroke, heart attack or have heart failure
 Family history of kidney failure, dialysis or kidney transplant	 History of an acute kidney injury	 Aboriginal or Torres Strait Islander origin 30+ years	 Over 60 years of age	









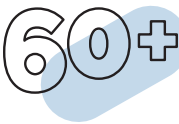
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What now?

Did you circle any?



Make an appointment with your Doctor for a **Kidney Health Check**. You should be tested every 1-2 years.

Are you unsure?

Please discuss with your Doctor or Primary Healthcare Nurse.

You didn't circle any risk factors?

Be aware of the risk factors for kidney disease and complete this risk assessment card in 12 months' time.



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