

# ARE YOUR KIDNEYS OK?

*Too many Indigenous Australians are dying of sick kidneys!*

For a good strong life, it is important to keep your kidneys healthy. Your risk of sick kidneys increases if you .....



OK



VERY BAD



VERY BAD



**have diabetes**  
High sugar levels damage your kidneys

**have high blood pressure**  
High blood pressure levels damage your kidneys

**have a big tummy**  
This increases your risk of sick kidneys and other health problems

Normal - between 4 to 6  
Bad - 8 Very bad - 26.1

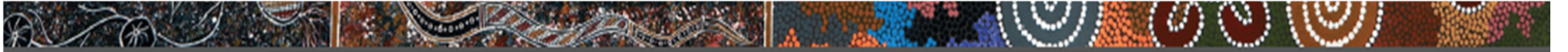
Good - 120/80 OK - 130/80  
Very bad - 190/90

Women - tummy over 80 cm  
Men - tummy over 94cm

EAT HEALTHY FOOD & BE ACTIVE  
TAKE MEDICATION TO KEEP YOUR BLOOD SUGAR NORMAL

TAKE MEDICATION EVERY DAY -  
TO KEEP BLOOD PRESSURE DOWN

BE MORE ACTIVE EVERY DAY!  
TRY TO LOSE WEIGHT &  
REDUCE YOUR TUMMY



**have had lots of infections**  
Boils, scabies, infected feet, bad teeth, coughs, colds

**have family with sick kidneys**  
Blood kin have had sick kidneys, diabetes or heart problems

**were a baby born very small**  
Mothers smoking, not eating well = an unhealthy life

You may be more at risk of having sick kidneys

You may be more at risk of having sick kidneys

Small babies are more likely to have sick kidneys, or other health problems, in their lifetime

TREAT INFECTIONS QUICKLY  
GO TO CLINIC FOR ADVICE

ASK YOUR DOCTOR FOR A KIDNEY HEALTH CHECK

FOR A BABY TO BE BORN STRONG  
MOTHERS NEED TO BE HEALTHY BEFORE AND AFTER THEY BECOME PREGNANT

\*Images from Kidney Stories Toolkit—NT Renal Services

**Ask your health worker about your kidneys**

[www.kidney.org.au](http://www.kidney.org.au)



**KIDNEY HEALTH INFORMATION SERVICE**  
**1800 454 363**

