

# LIVING WITH KIDNEY DISEASE





### IMPORTANT MESSAGES:

1. You can slow down kidney disease
2. Learn about kidney disease
3. Live well
4. Remember to take your medicines
5. Have checkups often

### TOPICS:

- Learning to stay healthy
- Eating good food
- Taking care of your body
- Weight & size
- Being active
- Medicines for kidney disease
- Diabetes
- Blood pressure
- Smoking and grog
- Infections
- Problems-salt, sugar, fat



## Live well and make good choices



be active



eat well



visit health clinic



don't smoke



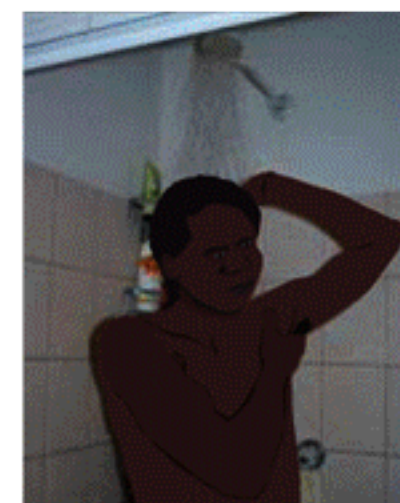
don't drink much alcohol



drink water



have medications



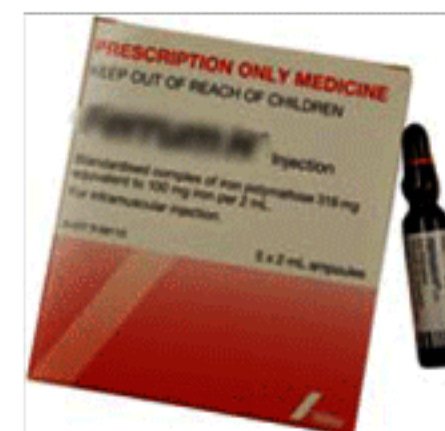
keep clean



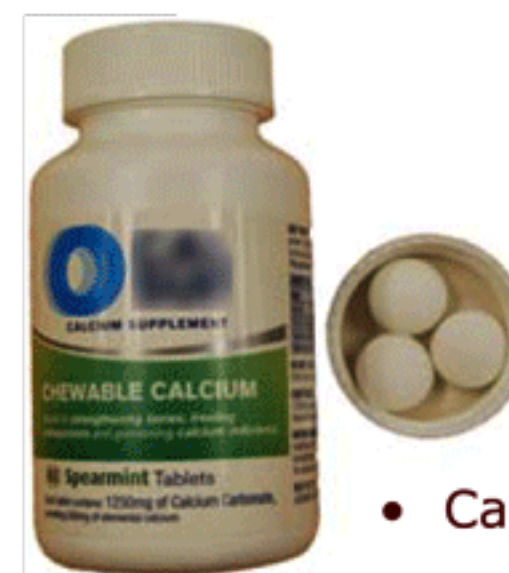
## Take your medicines all the time



- Tablets for blood pressure



- Iron & Erythropoietin for healthy blood



- Calcium for strong bones



Not smoking



Not drinking too much grog





Being active - get moving!





Eat good food





Drink water



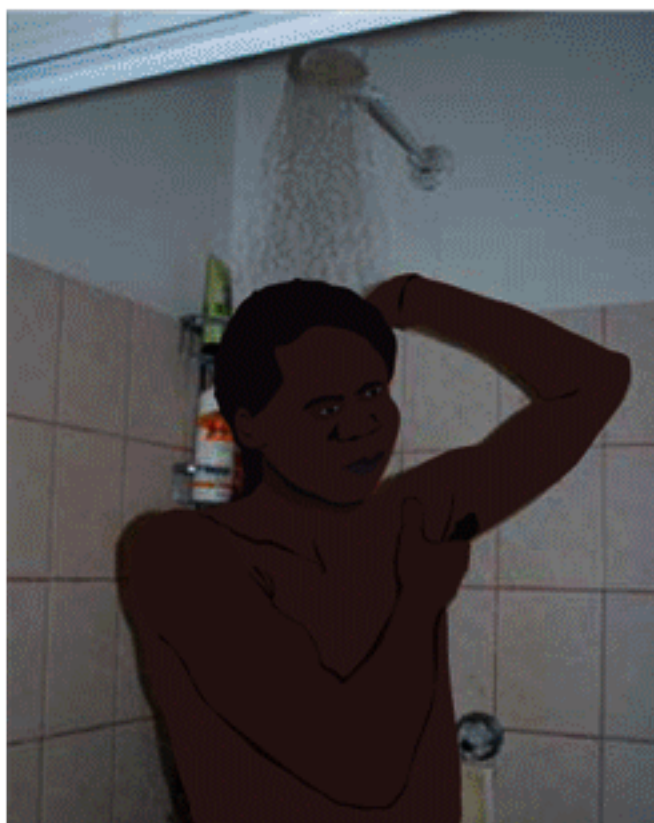


Be a good body weight; be a good body size





Keep yourself clean; keep your house clean





Have good blood pressure



medications



eat well



active



health clinic



## Watch your diabetes



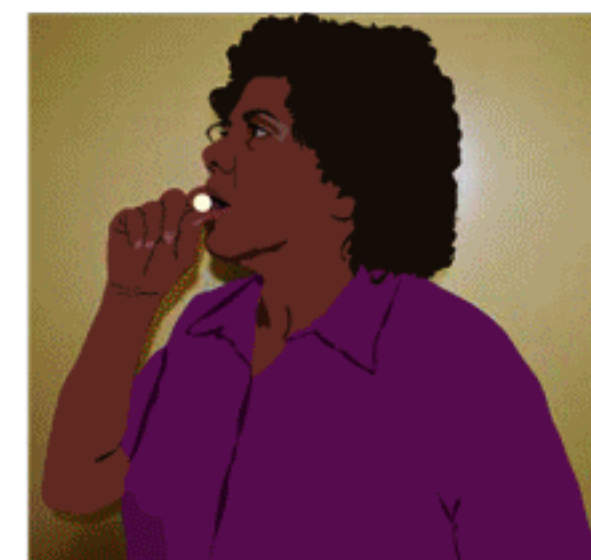
eat well



health clinic



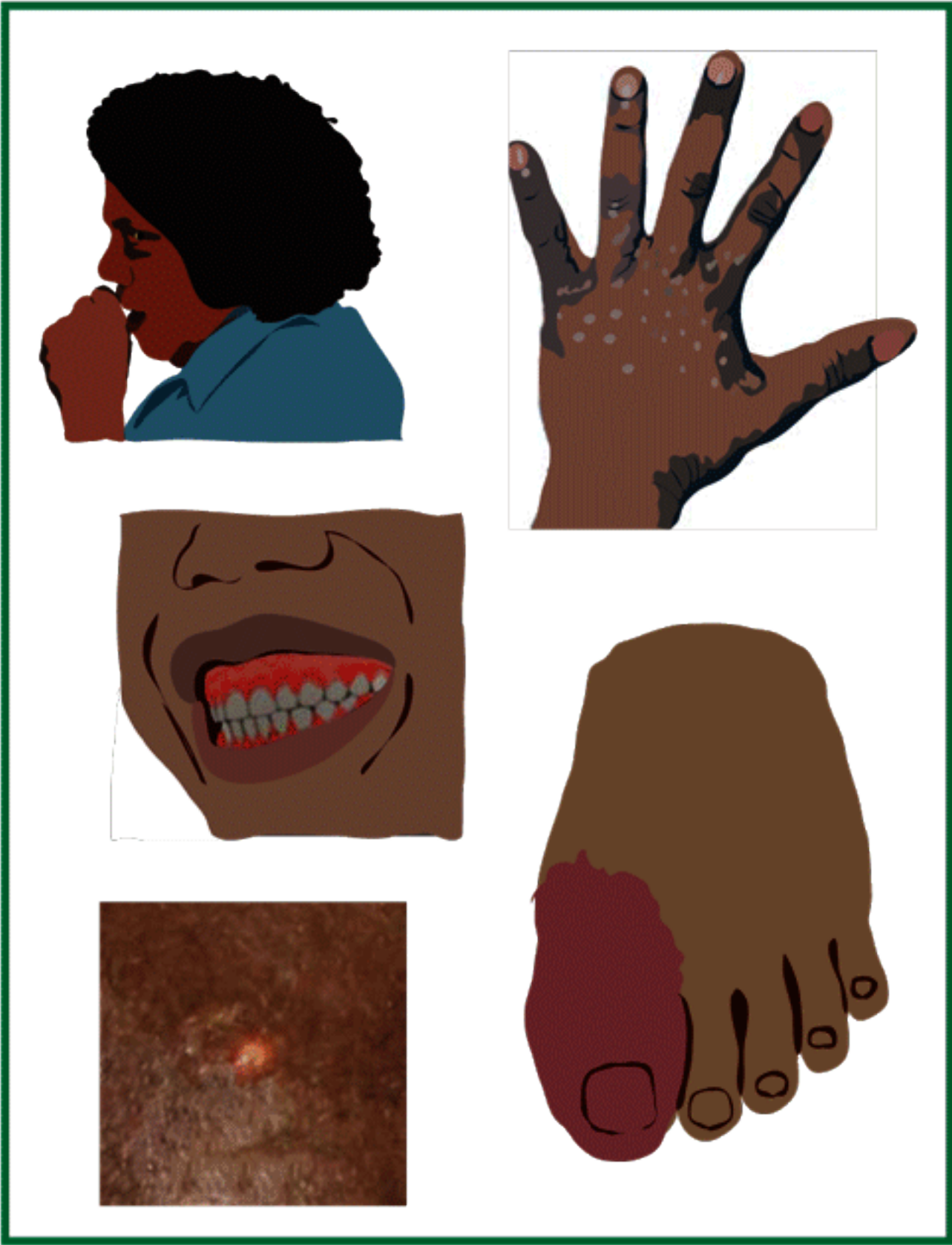
active



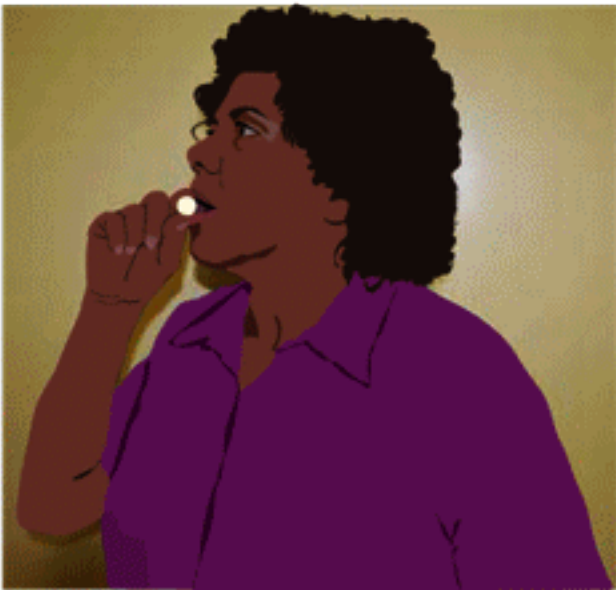
medications



Get sores fixed; get infections fixed



clean



medications



health clinic



eat well



Have regular check ups





## Take care of your whole body



- Dental clinic



- Foot clinic



- Woman's clinic



- Men's clinic



You can slow down kidney disease





### WORDS TO UNDERSTAND:

- anemia
- blood pressure
- body weight
- body size
- erythropoietin
- infection
- kidney disease
- renal
- checkups
- diabetes
- dietitian
- energy
- foot clinic
- sugar levels
- urine
- waste
- active
- healthy
- slow down



# LIVING WITH KIDNEY DISEASE

## RESOURCE TOPICS:



*THE WORK OF YOUR KIDNEYS*



*WHEN YOUR KIDNEYS GET SICK*



*LIVING WITH KIDNEY DISEASE*



*DIET AND KIDNEY DISEASE*



*TREATMENT OPTIONS & PATHWAYS*



*PERITONEAL DIALYSIS*



*HAEMODIALYSIS*



*FISTULA AND CATHETER*



*PALLIATIVE CARE FOR PEOPLE WITH SICK KIDNEYS*



*TRANSPLANT BOOKS 1 - 4*

NT Renal Services would like to thank all the renal patients and others who donated their time in posing for the photos that were used to make the illustrations in these resources.

### **Producer**

Gillian Gorham

### **Project Management Art work**

Michael Roseth

### **Content Development**

NT Renal Services

### **Consultants**

Renal patients, NT Palliative Care, PEPA Program, NT Preventable Chronic Disease Program, NT Aboriginal Interpreter Services, NT Aboriginal Services Support Unit, NT Aboriginal Workforce Development, Western Desert Nganampa Walytja Palyantjaku Tjutaka, Congress, Danila Dilba Health Service, Katherine West Health Board, Jeannie Devitt

### **Border art work**

From NT Palliative Care Model  
Design by Bev Derschow

Painting by Barrapuy Wanambi, Dipililnga Marika, Wayalwanga Marika, Samuel M Assan, Nina Puruntatameri, Karina Napagardi Penhall

Proudly supported by  
**Northern Territory  
Government**



**Australian Government**  
**Department of Health and Ageing**

**Northern Territory  
Renal Services**