

# WHAT IS A KIDNEY HEALTH CHECK?

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

A Kidney Health Check tells how well your kidneys work. Your health worker will ask you questions about how you feel and how you live. They check your height and weight, measure your tummy and will.....

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<b>...take your blood pressure</b>		<b>...take some blood, to test</b>		<b>...test some of your wee (urine)</b>
<b>Good-120/80    OK-130/80 Very bad-190/90</b>		<b>To check how well your kidneys are working</b>		<b>To check for signs of sick kidneys</b>



\*Images from Kidney Stories Toolkit—NT Renal Services

**You can stop your kidneys getting sick?  
Stay healthy - to keep your kidneys healthy!**



If your kidneys are sick, with the help of your health team and family, you can slow down that kidney disease. You can feel well enough to live a good life with your family.



**Go to clinic to check your kidney health!**

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



**KIDNEY HEALTH INFORMATION SERVICE  
1800 454 363**

