

# Do you need a Kidney Health Check?

## Are you at risk of developing kidney disease?

Your doctor should offer you a **Kidney Health Check** **once a year** if one or more of the following apply to you:



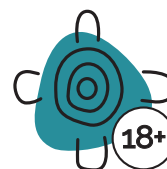
### Do you have diabetes?

High sugar levels in your blood can damage the blood vessels in your body. Damaged blood vessels commonly occur in the eyes, feet, and kidneys of people with diabetes. When the blood vessels in your kidneys are damaged, this can lead to Diabetic Kidney Disease.



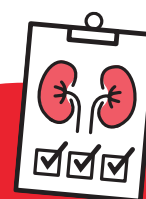
### Do you have high blood pressure?

If you have uncontrolled high blood pressure, this can damage blood vessels to your kidneys. This can result in reduced blood flow and kidney function. High blood pressure can cause kidney damage and kidney damage can cause high blood pressure.



### Are you First Nations Australian over the age of 18?

If you are a First Nations Australian aged 18 years or older, there is a higher chance of getting kidney problems so its important to get regular kidney checks.



**Yes? Speak to your doctor or practice nurse and ask for a Kidney Health Check.**

## Do you need a Kidney Health Check?

Your doctor should offer you a **Kidney Health Check every two years** if one or more of the following apply to you:



### Do you smoke or vape?

Both, smoking and vaping increases your risk of kidney disease. Smoking or vaping can make kidney damage worse, as it can slow down blood flow to your kidneys, narrow blood vessels and harden arteries in your kidneys.



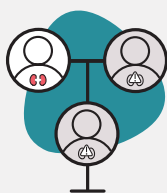
### Are you very overweight or obese?

Having extra weight can increase your risk of getting kidney disease. Your kidneys need to work harder and filter more waste products and extra water.



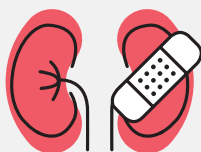
### Have you had a stroke, heart attack or heart failure?

Having had a stroke, heart attack or heart failure, also called cardiovascular disease, can increase your risk of developing kidney disease.



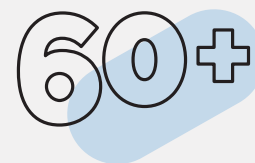
### Do you have family history of kidney failure, dialysis or kidney transplant?

Kidney disease can run in families. Even if only one person in your family has kidney disease, all blood relatives should be tested. Unsure? Ask family members about it.



### Do you have a history of acute kidney injury?

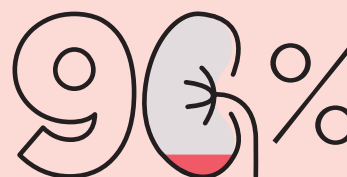
An 'Acute Kidney Injury' (AKI) is a short-term injury to your kidneys, which may occur due to infection, blood loss or heart attack, and in some cases, due to a sports injury, even though your kidneys may have completely recovered from the injury, you are still at increased risk of developing long term or chronic kidney disease.



### Are you over the age of 60?

If you are 60 years or older, you are more likely to get chronic kidney disease and other health issues that increase your risk of chronic kidney disease, such as high blood pressure.

If you said 'yes' to one or more of the 9 questions above, you should ask your doctor for a **Kidney Health Check**.



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

## What is a Kidney Health Check?

A **Kidney Health Check** is quick and simple. You can have a Kidney Health Check at your local health centre, often as part of a regular check-up. It includes three parts:



A **blood pressure check** to see if you have high blood pressure. High blood pressure can damage your kidneys and kidney disease can cause your blood pressure to increase.

A **urine test** to see how much albumin (protein) is present in your urine. Albumin in your urine is a sign of damage or scarring in the kidneys. This test is called urine-albumin creatinine ratio (uACR).

A **blood test** to check your kidney function. This test will measure how well your kidneys are filtering your blood and is called estimated glomerular filtration rate (eGFR).

Your doctor may ask you to repeat tests, based on the initial results, to exclude or confirm a diagnosis of chronic kidney disease.

**The Kidney Health Check** has 3 tests to be completed, the urine test is an important part and often missed on routine check ups. Be sure to complete the urine tests using your first morning sample where possible.





## Do you need a Kidney Health Check?



### Things to remember:

- ✓ **A Kidney Health Check** is a simple check that can be done at your local health centre.
- ✓ **A Kidney Health Check** includes three parts a **blood test, urine test and blood pressure check**.
- ✓ **People with diabetes and high blood pressure** should have a **yearly Kidney Health Check**, all other people at increased risk should have it **every two years**.

## What does that word mean?

**Acute kidney injury** – A loss of kidney function that happens quickly which may or may not be permanent.

**Albumin:creatinine ratio (ACR)** – A test used to see how much albumin leaks into your urine when your kidneys are damaged. A urine ACR is a part of a Kidney Health Check.

**Blood pressure** – The pressure of the blood in the arteries as it is pumped around the body by the heart.

**Diabetes** – A chronic disease caused by problems with the production and/or action of insulin in the body which helps control blood sugar levels.

**Estimated glomerular filtration rate (eGFR)** – An estimation of glomerular filtration rate (GFR). GFR is the best measure of kidney function and helps to determine the stage of kidney disease. It shows how well your kidneys are cleaning your blood.

**Urine** – The name for excess fluid and waste products that are removed from the body by the kidneys. Commonly called wee.



### For more information

To access information about CKD, or kidney health, please scan the QR code.

**Free Kidney Helpline 1800 454 363**  
[kidney.org.au](http://kidney.org.au)



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**

This educational resource is supported by a sponsorship provided by Boehringer Ingelheim and Eli Lilly Alliance.

This is intended as a general introduction to this topic and is not meant to substitute for your doctor's or Health Professional's advice. All care is taken to ensure that the information is relevant to the reader and applicable to each state in Australia. It should be noted that Kidney Health Australia recognises that each person's experience is individual and that variations do occur in treatment and management due to personal circumstances, the health professional and the state one lives in. Should you require further information always consult your doctor or health professional.