Kidney Health® Australia

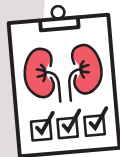# Kidney Disease

Are **you** at risk?

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

96% of kidney function can be lost without experiencing any symptoms

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 Pressure Check
High blood pressure can damage your kidneys.

+

Urine Test
To check for protein in your urine.

+

Blood Test
To check how well your kidneys are filtering your blood.

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

(if **yes**: please circle)

Diabetes

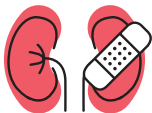**High blood pressure**

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

First Nations Australians 18 years and over

Over 60 years of age

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.

Not at increased risk?

Complete this risk assessment again in 12 months' time to see if you need a **Kidney Health Check**.

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