Who are we?

Kidney Health Australia is the peak body for kidney health in Australia. We aim to increase awareness and early detection of kidney disease, as well as connecting kidney patients to vital resources and services so they can achieve a better quality of life. **Find out more at kidney.org.au**

Don't risk life with #nofilter

Please call our free Kidney Helpline on **1800 454 363**, or visit our website **kidney.org.au** for free health information.

If you have a hearing or speech impairment, contact the National Relay Service on **1300 555 727** or **relayservice.com.au**

Find out more at kidney.org.au

K Kidney Health®
Australia

You can lose 90% of your kidney function before symptoms appear.

Early detection of kidney disease

Your kidneys play a vital role in your body. They work hard to clean your blood, eliminate waste products via your urine and regulate your blood pressure. It is important to keep your kidneys healthy, as if they become damaged, this can lead to serious health complications.

When your kidneys are damaged, or don't work as well as they should, it is called 'kidney disease'. It is very important to detect kidney disease early as this will help you to live a long and healthy life.

Up to 90% of your kidney function can be lost before you start to experience symptoms. That's why knowing if you have any of the risk factors for kidney disease and having your kidney health checked regularly is so important.

1 in 3
Australians adults have risk factors for kidney disease

Know your risk

- Diabetes
- High blood pressure
- Obesity
- Smoking
- 60+ Being over 60 years old
- Family history of kidney failure
- Established Cardiovascular Disease
- Aboriginal or Torres Strait Islander
- Previous acute kidney injury

Take action

Early detection of kidney disease can help to prevent the progression of the disease. This means you are less likely to experience kidney failure and need dialysis or a kidney transplant to keep you alive.

If you have risk factors for kidney disease, it is important that you have a regular Kidney Health Check with your GP or health service.

A Kidney Health Check doesn't take long and can be done by your GP. It involves simple blood and urine tests together with a blood pressure check.

What to do

Learn more about your risk factors by taking the Kidney Risk Test at kidney.org.au/kidneyrisktest

If at risk, we can help you have the conversation with your GP about getting a Kidney Health Check.