

Kidney Health in First Nations Australians



Educational flipchart





The meaning of *Flow & Thrive*

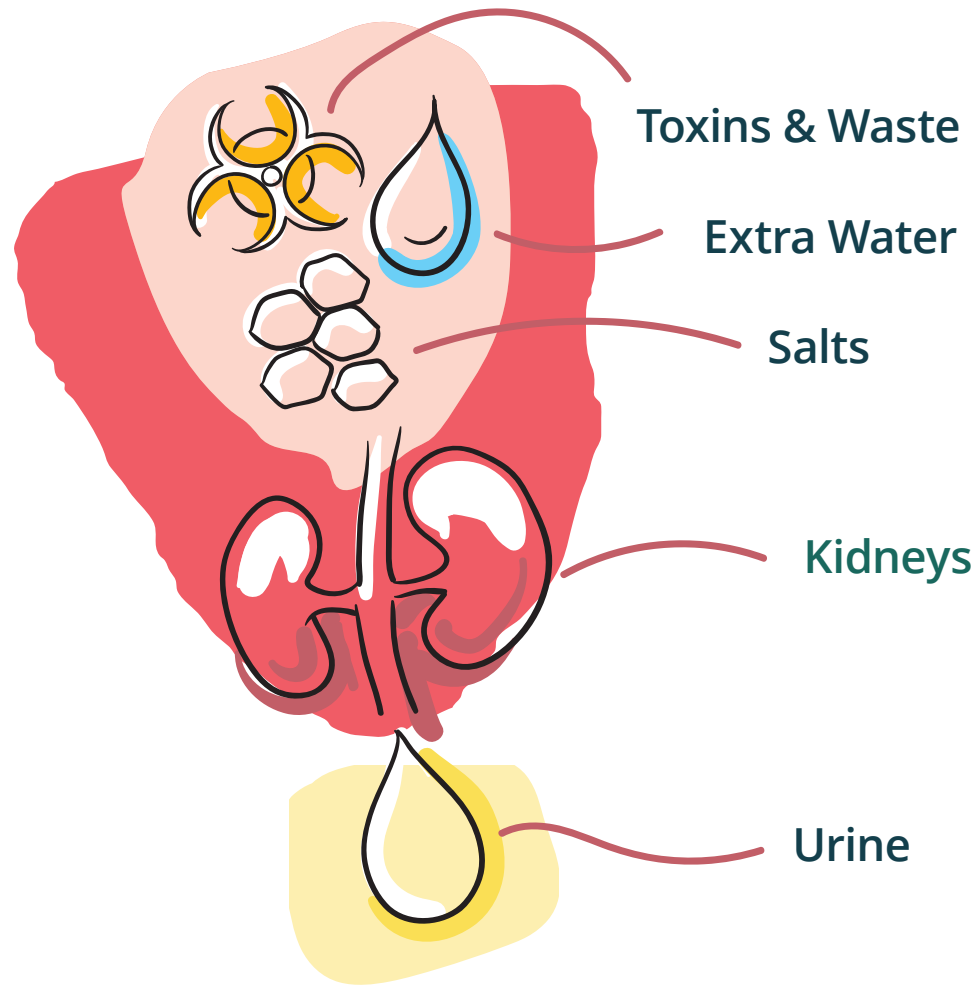
This design, *Flow & Thrive*, represents the many stages of living with a kidney condition. The turbulent waters on the top right symbolize the challenges that those on this journey face, while the mangroves to the left remind us of the resilience and strength needed to navigate these difficult times. The sunrise seen in the bottom right corner is a sign of hope for those on this journey, reminding them that they are never alone. The boats within the river represent the family, friends, and support networks that provide comfort and encouragement, while the lines to the far left represent the medical practitioners and clinical personnel who offer guidance and care. Ultimately, this design stands as a reminder that those living with a kidney condition can weather the storms and find peace and growth in the journey ahead.

Why look after your kidneys?



**Look after your
kidneys and
they will look
after you.**

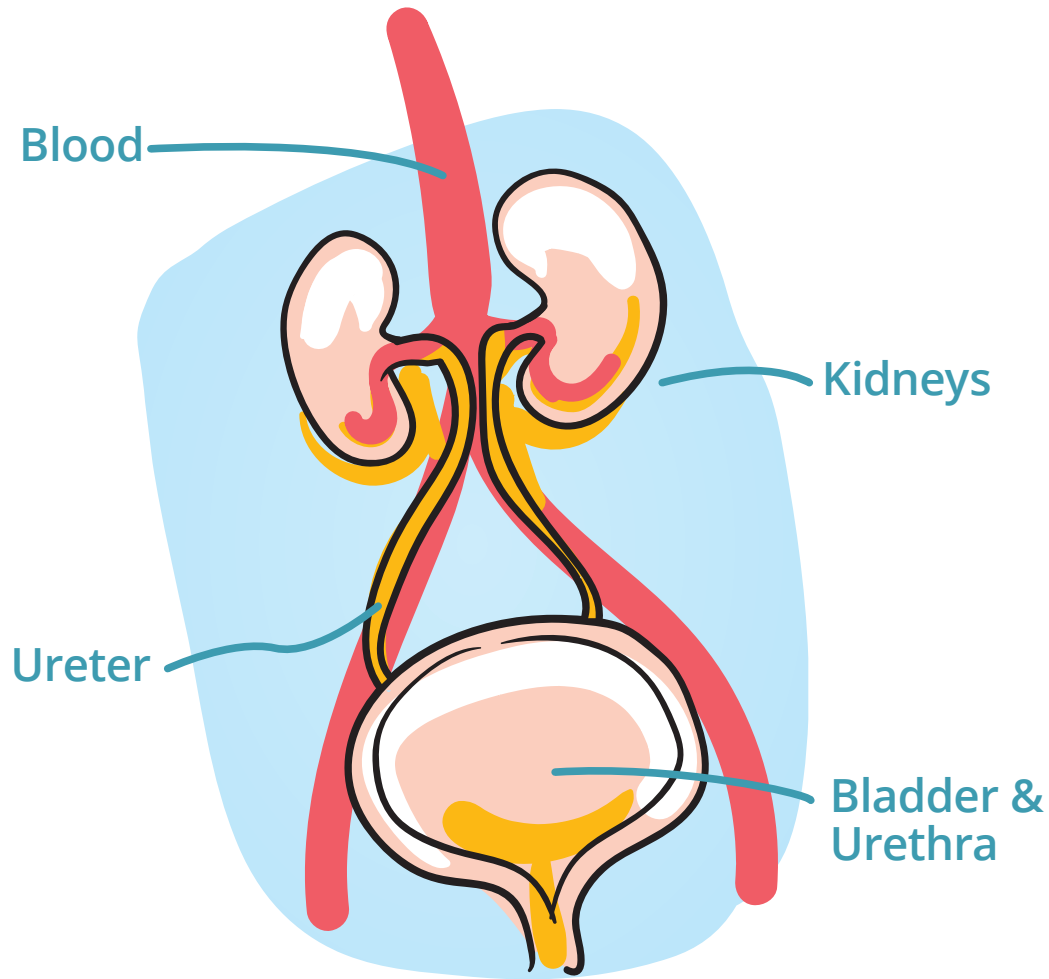
Why look after your kidneys?



Kidneys play a huge role in keeping you healthy.

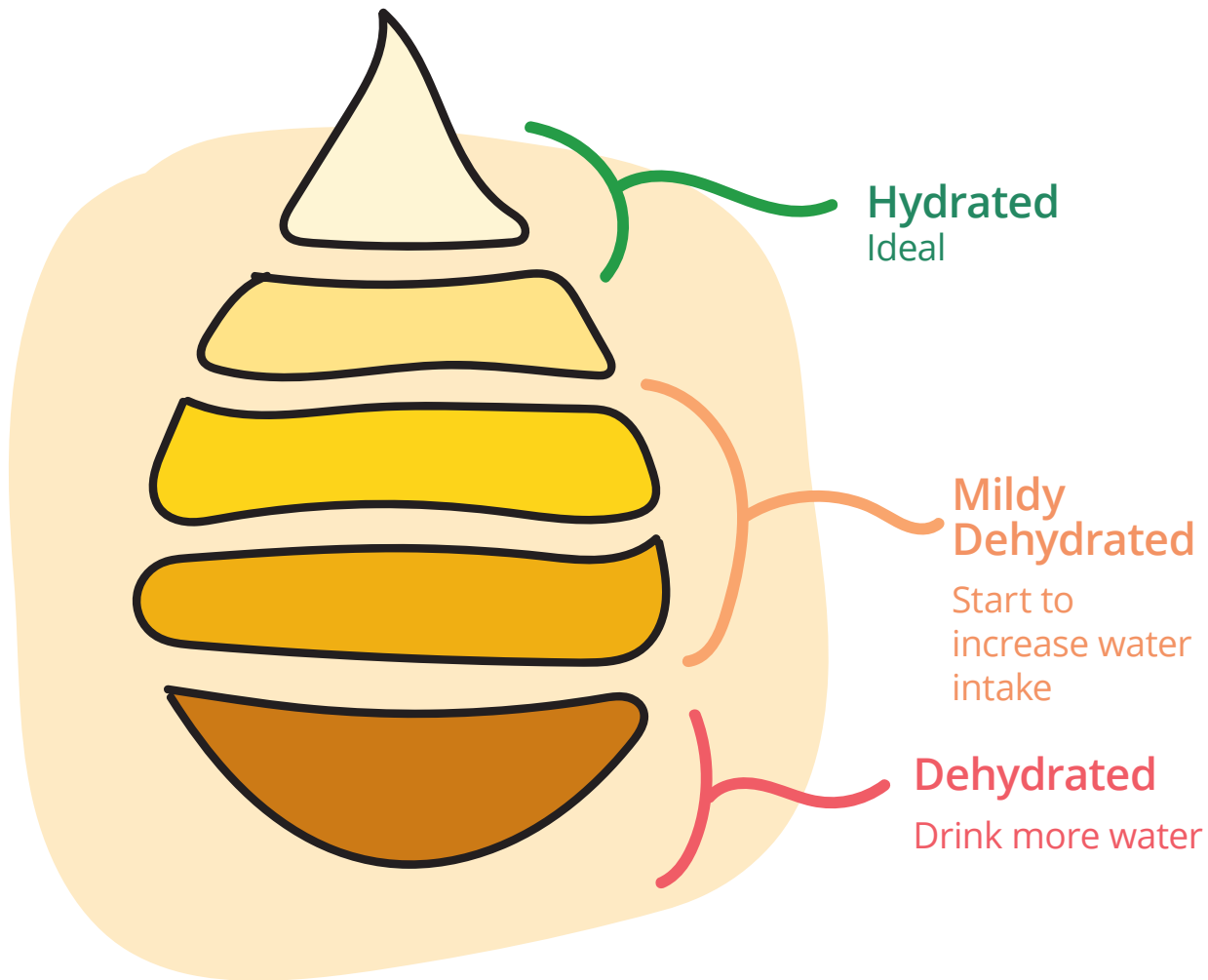
Kidneys clean your blood.

How do kidneys make urine (wee)?



Kidneys filter your blood to remove extra fluid, salt, and rubbish from your body. This then leaves your body as urine (wee).

Colour of urine (wee)

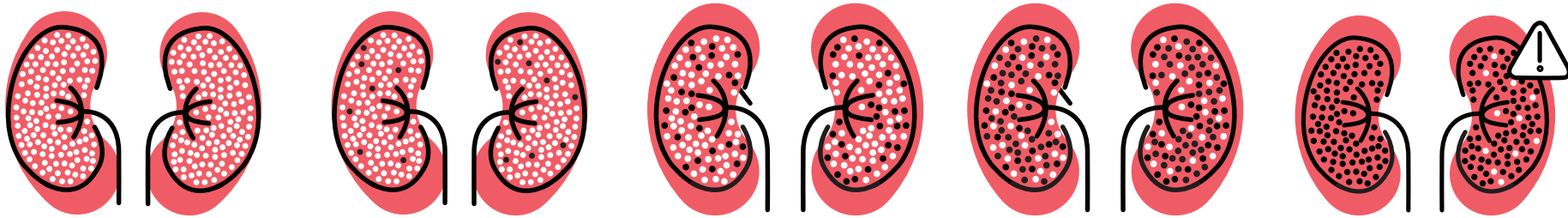


Urine (wee) should be pale yellow.

Drinking water keeps your urine pale yellow.

What is chronic kidney disease?

Stages of disease: healthy kidney to dead kidney



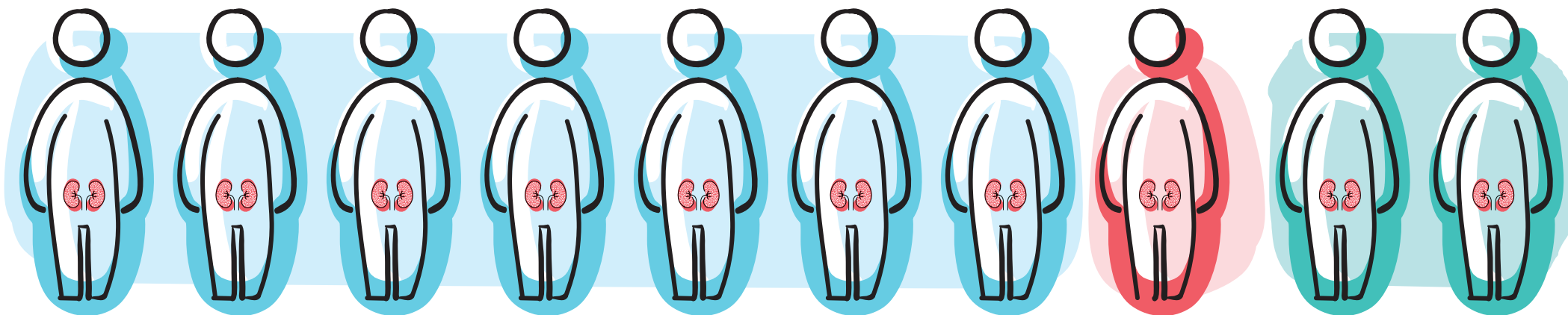
Healthy Kidney	Stage 1 - 2	Stage 3	Stage 4	Stage 5
Over 60% working eGFR > 60 No kidney damage	Over 60 % working eGFR > 60 With kidney damage	30 – 59% working eGFR 30-59	15 – 29% working eGFR 15-29	Less than 15% working eGFR < 15

Kidney getting sicker →

Long term disease where the kidneys slowly stop working.

1 in 5 First Nations Australians have signs of kidney disease.

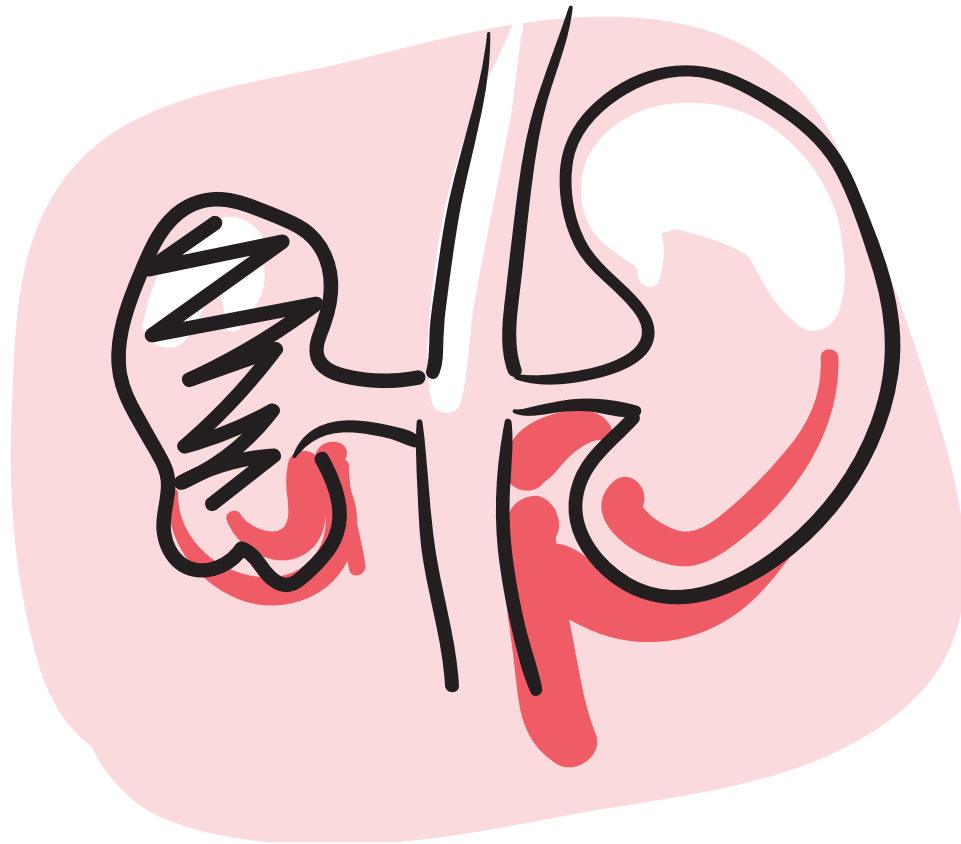
Cause of kidney disease



**From those
that get
kidney
disease:**

- **7 in 10 get it because of diabetes**
- **1 in 10 from high blood pressure damaging the kidney**
- **2 in 10 from other causes**

Kidney disease is a silent disease



**Your kidneys
can get sick
without you
feeling sick.**

How to slow down kidney disease



**It is never too late.
Don't wait until you
get signs of kidney
disease.**

**You can do things
to help keep your
kidneys in good
shape and stop them
from getting worse.**

How to slow down kidney disease



Don't smoke.
Smoking damages the
blood vessels in your
kidneys and heart.

How to slow down kidney disease



Maintain a healthy weight.
Weight is a balancing act between food and exercise.
Are you a good weight?

How to slow down kidney disease



Be active.
Exercise is good
for your heart and
kidneys.
Even walking is
good exercise.

How to slow down kidney disease



**Avoid sugary
foods and drinks.**

**Most fizzy drinks
have lots of sugar.**

**Sweet foods can also
have lots of sugar.**

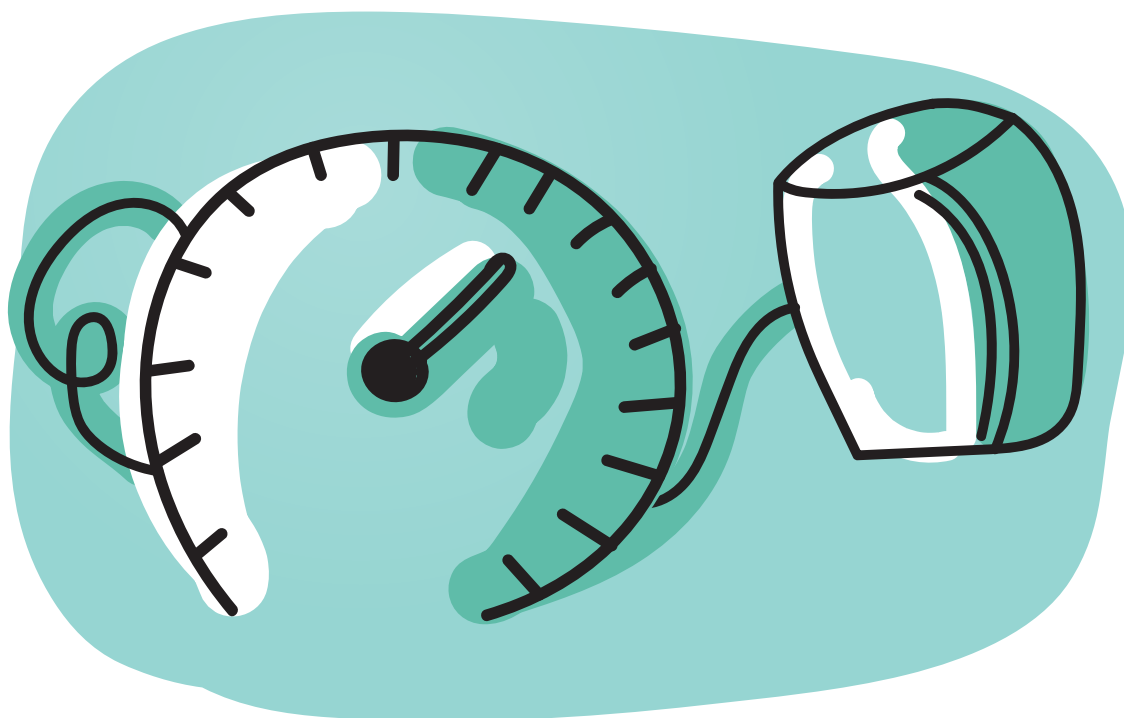
How to slow down kidney disease



Drink water.

**If you are thirsty,
drinking water is best.
Avoid sugary drinks like
cordial and soft drink.**

How to slow down kidney disease



**Look after your
blood pressure.**
Get your blood
pressure checked.
What is a healthy
blood pressure for you?

How to slow down kidney disease

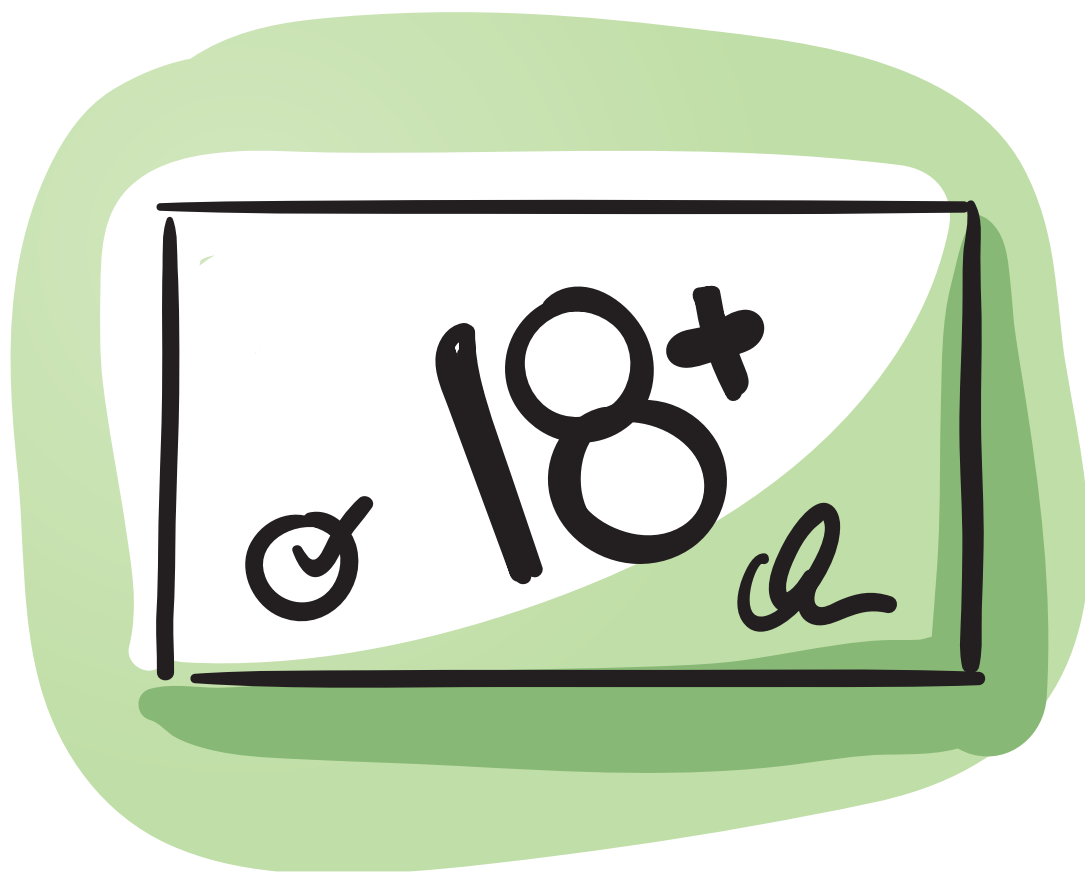


**Look after
your diabetes.**

**If you have diabetes
get your sugar level
checked.**

**What is a healthy
sugar level for you?**

Who needs a Kidney Health Check?

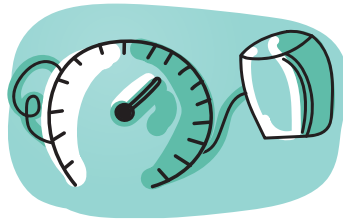


If you are over
the age of 18
or at risk get a
Kidney Health
Check every year.

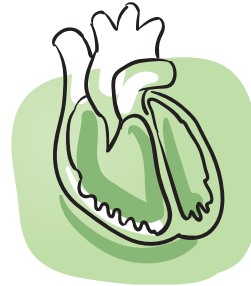
Who needs a Kidney Health Check?



Diabetes



High blood pressure



Sick heart



Smoking



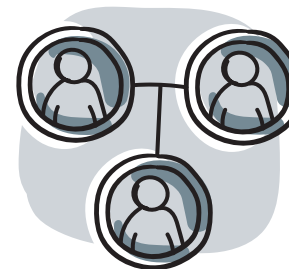
Overweight or obese



History of acute kidney injury



Low birth weight



Family history of kidney failure



Socially disadvantaged

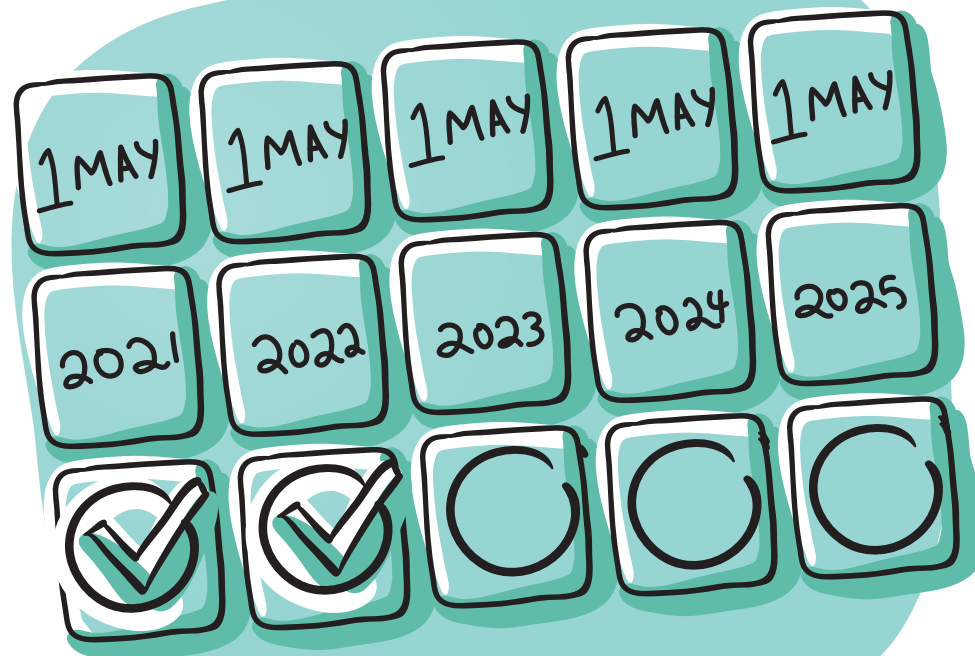
How do I check if I have kidney disease?



Kidney Health Check has three easy steps:

- Blood Pressure
- Urine (wee) test
- Blood Test for eGFR

How regularly should I get my kidneys checked?



**At least once
a year.**

**More if your
kidneys are sick.**



If you have a hearing or speech impairment, contact the National Relay Service on 1800 555 677 or relayservice.com.au For all types of services ask for 1800 454 363



For more information

To access more information about Kidney Disease, please scan the QR code.

Freecall 1800 454 363
kidney.org.au

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.

Contact your doctor or Aboriginal Medical Service if you need more information.