

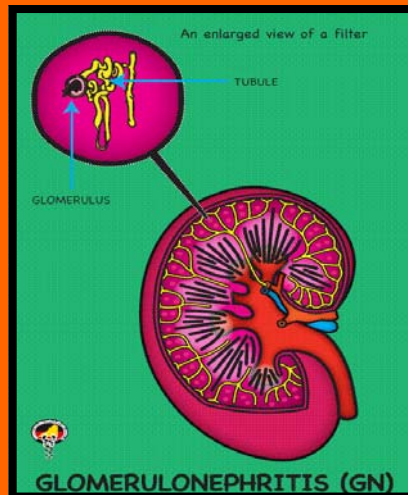
Kidney Education Book



What Do The Kidneys Do?

- Clean the blood
- Remove extra water from the blood
- Make red blood cells
- Help control blood pressure
- Keep our bones strong
- Maintain chemical balance in the blood

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THE RISK OF KIDNEY DISEASE INCREASES IF YOU:

- Have diabetes
- Have high blood pressure
- Are obese
- Are a smoker, chew tobacco or use ash
- Are Aboriginal or Torres Strait Islander
- Have a family history of kidney disease

SCREENING FOR KIDNEY DISEASE IS RECOMMENDED EVERY YEAR. VISIT YOUR LOCAL ABORIGINAL MEDICAL SERVICE (AMS) FOR A CHECK-UP!

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Diabetes

Blood Sugar (Glucose) Levels

Very High	DANGEROUS
High	HIGH
Normal	NORMAL
Low	LOW

Glycated Haemoglobin (HbA1c)

0 - 6.0	Normal
6.0 - 7.0	Good
7.0 - 9.0	Bad
9.0 and above	Dangerous

Don't smoke or chew tobacco / ash. This is what happens if your tobacco use is "DANGEROUS"...

Get lots of healthy food, don't eat too much junk food, exercise and watch you don't get too fat. No going to bed. Check your blood pressure for the rest of your life or until you get a kidney transplant.

Blood Pressure

Top = Heart Contracting

Your Blood Pressure is:

120/80	GOOD
130/90	SAD

Bottom = Heart at rest

70/30	GOOD
80/40	SAD

But what does that mean? →

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Stages of Kidney Disease

PROTEINURIA	CHRONIC KIDNEY DISEASE		END STAGE KIDNEY FAILURE	
1 eGFR > 90	2 eGFR 89 - 60	3 eGFR 59 - 30	4 eGFR 29 - 15	5 eGFR < 15
EARLY STAGES	MILD	MODERATE	SEVERE	FINISHED

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Haemodialysis

Your Kidneys

CAPD (Bag Dialysis)