



FOR MORE INFORMATION ON KIDNEY
DISEASE CONTACT THE KIDNEY CARE TEAM

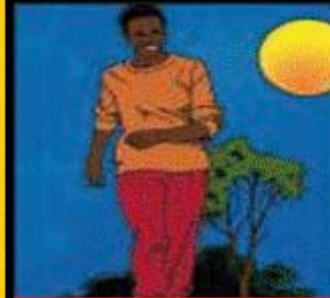
KIDNEY CARE



Eat Good Tucker



Don't get fat



Exercise



Don't smoke or chew



No alcohol is best



Check your blood pressure



Check your blood sugar



Take your medicines

KIDNEY CARE TEAM

The kidney care team can help you & your family to think and talk about:

- What care and medical treatments you would want to receive before you might need it.
- What could happen in the future and what you might like to happen at the end of life.

Talking to staff about your problems can help you get the care and support you need.

Please ask if you would like to speak to someone about your worries.



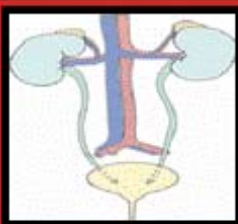
- ### THE KIDNEYS
- Most people have two kidneys
 - Bean shaped organs, about the size of your fist
 - Found in the lower back, one on the left and one on the right side of the backbone
 - Each kidney has lots of tiny filters that clean your blood
 - The rubbish fluid (goombu) goes down the tubes into your bladder (goombu bag), and you go toilet

Kidneys



WHAT DO THE KIDNEYS DO?

Clean the blood



Remove extra water from the blood



Make red blood cells



Keep our bones strong



Control blood pressure



Maintain chemical blood balance



ARE YOUR KIDNEYS OK?

Do you have Diabetes?



Lots of sugar in your blood damages the tiny filters in your kidneys

Are you fat?

Being fat can give you diabetes and high blood

pressure, which can damage the tiny filters in your kidneys.



Do you smoke chew tobacco, use ash?

Poisons from the smoke, tobacco or ash get into your blood

and damage the tiny filters in your kidneys.



Do you have high blood pressure?



Too much pressure damages the tiny filters in your kidneys (fire hose)

QUESTIONS YOU MAY WANT TO ASK

FAMILY SUPPORT—Think about

Kidney Disease is for life. It is important that your family and/or friends support you.



What is important to your life and what it means to live well for the rest of your life



What care and treatment would be acceptable to you and what care and treatment you do not want to have.



Discussing these issues with others helps ensure that they are aware of what kind of treatment and care you want.



ARE YOUR KIDNEYS OK?

Are you Aboriginal or Torres Strait Islander?



Studies show Aboriginal people have more chance of getting kidney

Do you have a Family history of kidney disease?



You have more chance of getting kidney problems

Get your check up NOW!

THE CAUSES OF KIDNEY DISEASE



Lots of infections
Germs from sores or
sickness



Born with kidney
problems
Born with small kidneys
Born with one kidney

Reflex - urine (goombu) going back up
the tube instead of coming down



Glomerulonephritis (GN)
Inflamed (swollen)
filters in the kidneys



Diabetes
(sugar problem)
Lots of sugar in the blood dam-
ages the tiny filters in the
kidneys



High blood
pressure
Too much pressure damages the
tiny filters in your kidneys

STAGES OF KIDNEY DISEASE

Kidney disease is sick kidneys forever. Sick kidneys start at stage 1 and get worse right up to stage 5, when your kidneys are finished. Remember the silent killer, you might not feel sick, throughout the stages

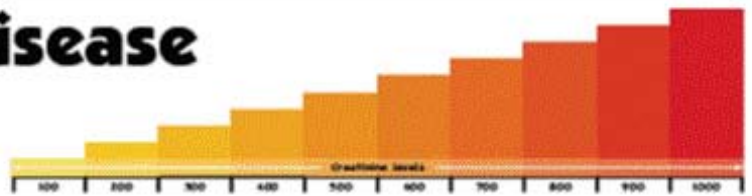
Stage 1 & 2 - your tiny filters in your kidneys are leaking out good stuff, like protein, blood, and sugar which should stay in your body.

Stage 3 - You need to keep yourself at this stage, and not get worse. It is important to talk to your family about your sick kidneys and we need to involve them in family meetings

Stage 4 - your kidneys have got worse. You need frequent clinic visits to check on you. You may start to feel tired, lose weight, forgetful, swollen feet, not eating and sleeping well.

Stage 5 - Your kidneys are finished You need to make decisions about treatment options

Stages of Kidney Disease



PROTEINURIA

1

eGFR > 90



EARLY STAGES

Calculate eGFR

2

eGFR 89 - 60



MILD

CHRONIC KIDNEY DISEASE

3

eGFR 59 - 30

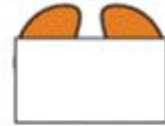


MODERATE

END STAGE KIDNEY FAILURE

4

eGFR 29 - 15



SEVERE

5

eGFR < 15



FINISHED

If you are in the 'EARLY STAGES' to 'MODERATE' area, you need to...



Don't smoke or chew tobacco / ash.

This is what happens if your kidneys are 'FINISHED'...

Eat lots of healthy food, don't eat too much junk food, exercise and watch you don't get too fat.

No grog is best. Check your blood pressure and take your medication. Drink lots of water.

You will need to be on dialysis for the rest of your life or until you get a kidney transplant.

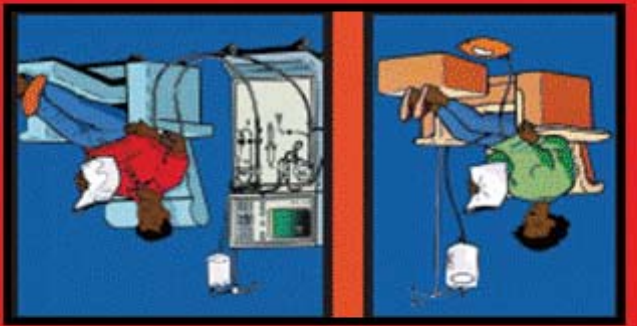
Poster designed by Kimberley Health Services Centre, SHMHS and KIMHS Health Promotion Unit

The Kimberley has one of the worst rates of kidney disease in the world



PREVENTION & EARLY DETECTION

Kidney disease is known as the silent killer



Lots of people have kidney disease and don't even know it



If sick (sad) kidneys are found early, medicines and healthy lifestyle can help keep your kidneys healthy (happy) for longer

GET YOUR CHECKUP NOW!

DIABETES - What does that mean?

Diabetes is when you have got too much sugar in the blood
 A good blood sugar level should be between 4 - 8

HbA1c tells us how good or bad your blood sugars have been in the last 3 months
 A good HbA1c should be between 6.0 - 7.0%

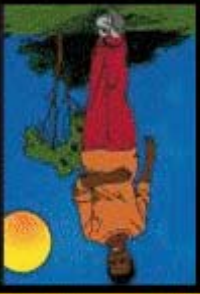
If your blood sugar is high all that sugar is damaging the tiny filters in your kidneys (sad kidneys). If your blood sugar stays high you can cause damage to your kidneys and can end up on dialysis (machine or bags).



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Exercise



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Check your blood sugar

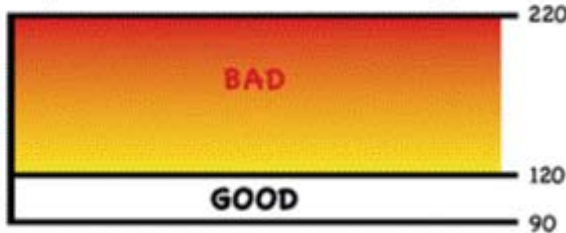


Take your medicines

Blood Pressure

Your Blood Pressure is:

Top = Heart Contracting



Bottom = Heart at rest



But what does that mean? →

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No grog is best. Drink lots of water.

Check your blood pressure and take your medication.

You will need to be on dialysis for the rest of your life or until you get a kidney transplant.

BLOOD PRESSURE—What does that mean?

Blood pressure is how well the blood is flowing through your body, Like the water pressure flowing from a hose.

Low pressure

Good pressure

High pressure

A good blood pressure: top number should be between 90-120. Bottom number should be between 50-70

If your blood pressure remains high you can damage the tiny filters in the kidneys and can end up on dialysis

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