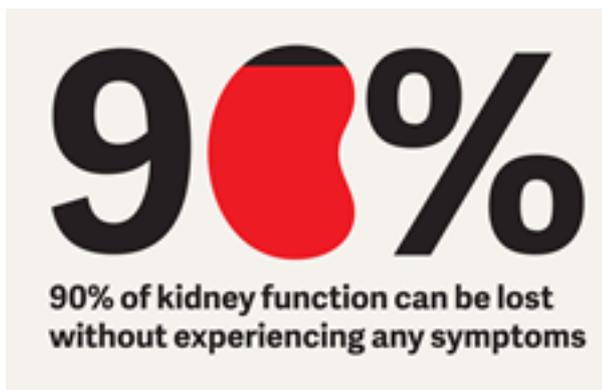




KIDNEY HEALTH

One Australian dies every 25 minutes with a kidney related disease. Kidney disease has become known as the ‘Silent Killer’.

It is estimated that over 20,000 Australians will die in the next 12 months with kidney related disease. The Australian community and the Australian health system is facing major challenges given that around 90% of Australians who have indicators of chronic kidney disease are largely unaware they have a potentially life threatening disease.



What Roles do your Kidneys Play?

Kidneys are a very important player in the way your body works and your overall health.

1. Blood pressure control – kidneys keep your blood pressure regular.
2. Water balance – kidneys add excess water to other wastes, which makes your urine.
3. Cleaning blood – kidneys filter your blood to remove wastes and toxins.
4. Vitamin D activation – kidneys manage your body’s production of this essential vitamin, which is vital for strong bones, muscles and overall health.

How to Look After your Kidneys

Kidney diseases are silent killers, which will largely affect your quality of life. There are however several easy ways to reduce the risk of developing kidney disease.

1. Be physically active
2. Monitor your blood sugar levels
3. Monitor your blood pressure
4. Enjoy a variety of nutritious foods
5. Reduce your salt intake
6. Achieve and maintain a healthy weight
7. Maintain a healthy fluid intake
8. Do not smoke
9. Do not take over-the-counter pills on a regular basis (such as ibuprofen)
10. Get your kidney function checked if you have one or more of the ‘high risk’ factors

Are you at Increased Risk?



Around 1.7 million Australians aged 18 years and over (one in every ten adults) have signs of chronic kidney disease.

