

ARE YOU AT RISK?

1 IN 3 AUSTRALIANS IS AT INCREASED RISK OF KIDNEY DISEASE

WHAT IS KIDNEY DISEASE?

Kidney disease occurs when the nephrons inside your kidneys, which act as blood filters, are damaged. This leads to the build up of waste and fluids inside the body.



WHAT ARE THE SIGNS OF KIDNEY DISEASE?

It is not uncommon for people to **lose up to 90% of their kidney function before getting any symptoms.**

The first signs may be general and could include:

- High blood pressure
- Changes in the appearance of urine
- Blood in the urine
- Changes in the amount and number of times urine is passed

90% LOSS

of kidney function without symptoms.

AM I AT RISK OF KIDNEY DISEASE?

You are more at risk of kidney disease if you:

- Have diabetes
- Have high blood pressure
- Are obese (BMI of 30 or more)
- Smoke
- Have a family history of kidney disease
- Are of Aboriginal or Torres Strait Islander origin
- Are over 60 years of age
- Have established heart problems (heart failure or past heart attack) and/or have had a stroke



WHAT IS A KIDNEY HEALTH CHECK?

Ask your GP for a kidney health check. This will involve a blood test, a blood pressure test and a urine test.



CAN EARLY DETECTION HELP?

If kidney disease is found early, medication, dietary and lifestyle changes can increase the life of your kidneys and keep you feeling your best for as long as possible.

WHAT ARE THE TREATMENT OPTIONS FOR END STAGE KIDNEY FAILURE?

There is no cure for kidney failure. The treatment options include:

Peritoneal Dialysis

A tube is permanently inserted into the abdomen. Special fluids are then introduced regularly to draw impurities from the body.

Haemodialysis

This involves connecting to a haemodialysis machine either at home or in hospital at least 3 times a week for around 5 hours at a time to cleanse your blood.



Transplant

If you're suitable for a transplant you can wait on average between 4 – 7 years for a kidney to become available.

Conservative Treatment

Without transplant or dialysis to replace kidney function, progression to end of life will occur. Treatment for symptoms is maintained for patient comfort.

www.kidney.org.au

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AUSTRALIA