

Kidney disease

What is it?

The facts!

Aboriginal people are at risk of developing kidney disease. If you have diabetes the risk is greater.

You may have kidney problems without knowing it. You can get a urine test from your doctor or health worker.

For more information

Contact your local **Aboriginal Medical Service** or **Health worker**. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:
www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp

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NSW Chronic Care for Aboriginal People Program



*Chronic Care
for Aboriginal People*



What do kidneys do?

They are filters for your blood, they:

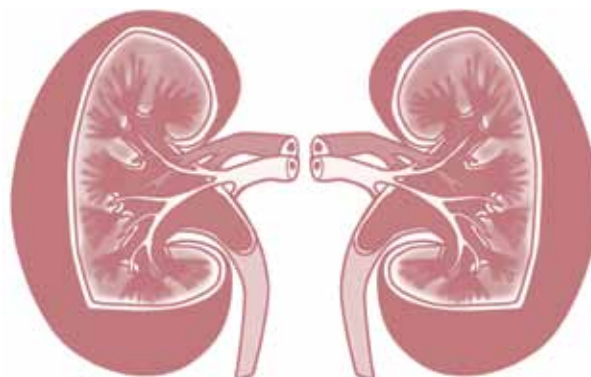
- make urine
- remove wastes
- remove extra fluid
- keep body salts and acids balanced
- help make new blood cells
- help control blood pressure.

What are the risks for developing kidney problems?

For Koori people the main risks are:

- diabetes
- high blood pressure
- smoking
- having too many urine infections
- having other family members with kidney disease.

When your kidneys stop working you need to go on dialysis to stay alive.



It is good to drink 1-2 litres of fluid especially water a day, even more when you exercise. Check with your doctor or health worker first if you have heart problems.

You can look after your kidneys by:

- getting your blood pressure checked
- controlling your diabetes
- exercising every day
- keeping a healthy weight
- eating good food, less sugar and less fat
- drinking less grog
- stopping smoking
- avoiding salt in your food
- taking your blood pressure pills.

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