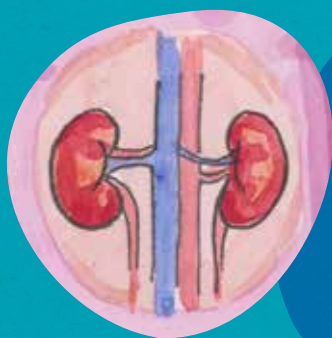




Caring for your kidneys



to slow down
kidney disease
progression
in Stages 2 to 3a

Chronic Kidney Disease (CKD) and *Our Mob*

People who are at risk often have:

- diabetes
- high blood pressure
- a family history of obesity
- established heart problems, heart failure, heart attack or a stroke.

They are also most likely to be:

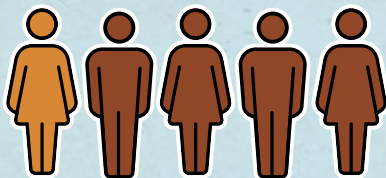
- a smoker
- sixty or more years old
- An Aboriginal or Torres Strait Islander with a history of chronic illness.

Compared to the general population, Aboriginal and Torres Strait Islander peoples are

Fact

4X more likely to have Chronic Kidney Disease and develop End Stage Renal Disease.

Fact



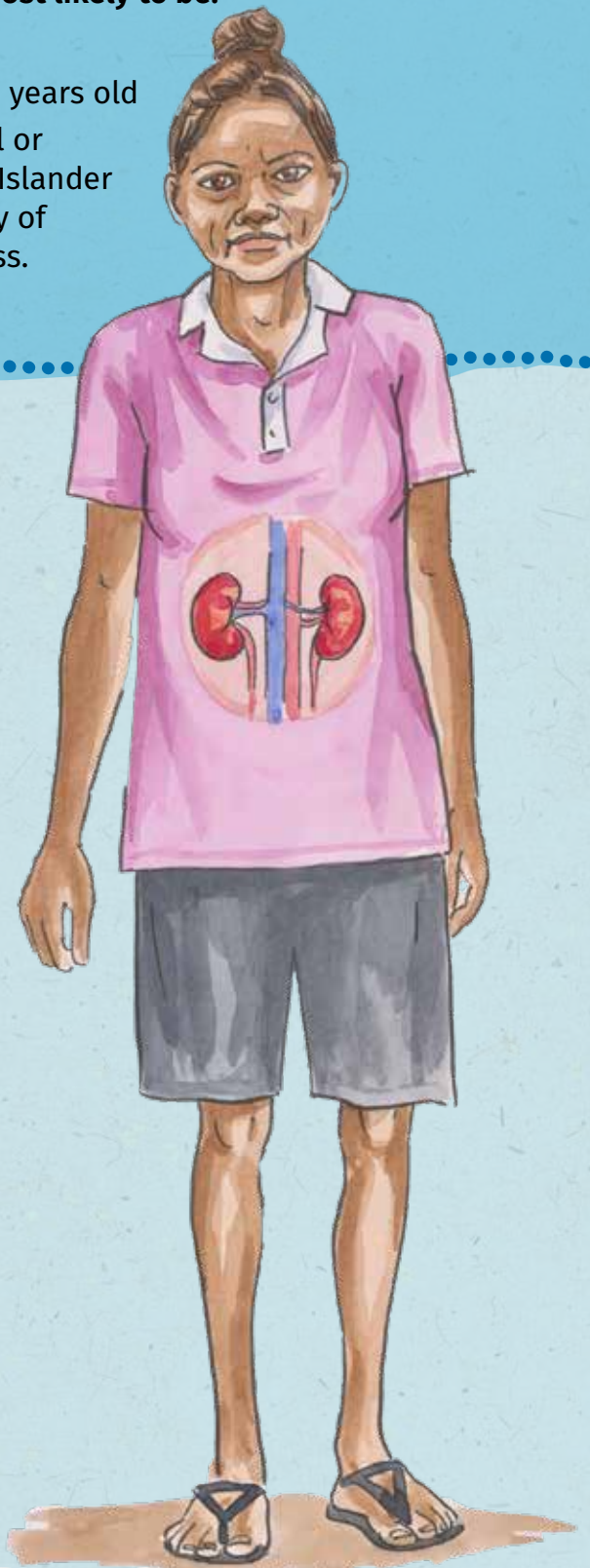
1/5

Aboriginal and Torres Strait Islander peoples have indicators for Chronic Kidney Disease.

In remote areas of Australia, the incidence of **End Stage Renal Disease** is especially high with rates almost

Fact

18-20X higher than non-Indigenous people.



Source: Kidney Health Australia Fast Facts 2020

What are the stages

of Chronic Kidney Disease?

If your kidneys are not working properly, your GP will ask you to do a blood test. This blood test will provide a result looking at levels of creatinine (a waste product) that may build up in your blood and will provide an estimate of how well your kidneys are filtering, this is otherwise known as estimated Glomerular Filtration Rate or eGFR.

The eGFR is the best test to measure your kidney function level and determines what stage of kidney disease you are at. Urine tests may also find increased levels of electrolytes in your urine. Your GP can then plan your treatment with you.

This table shows the stages of kidney disease. Stages 2 and 3a is where you want to slow progression down.



Stages of
Chronic Kidney Disease (CKD)*

STAGES		How well kidneys filter eGFR
1	Stage 1 Normal	>90mL
2	Stage 2 Mild	60–89mL/min
3a	Stage 3a Mild to moderate	45–59mL/min
3b	Stage 3b Moderate to severe	30–44mL/min
4	Stage 4 Severe	15–29mL/min
5	Stage 5 End stage kidney failure (dialysis)	<15mL/min

*Source: kidney.org.au/your-kidneys/what-is-kidney/stages-of-kidney-disease

What do the kidneys do?

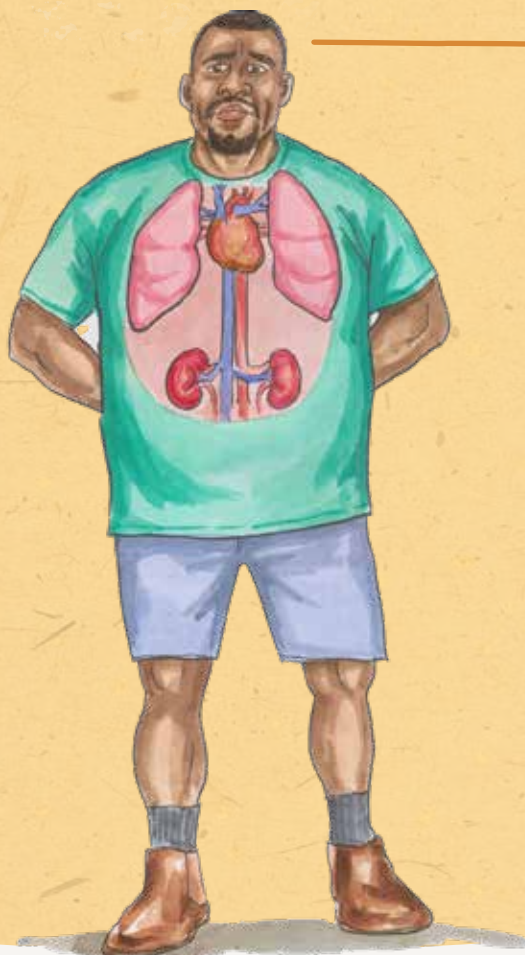
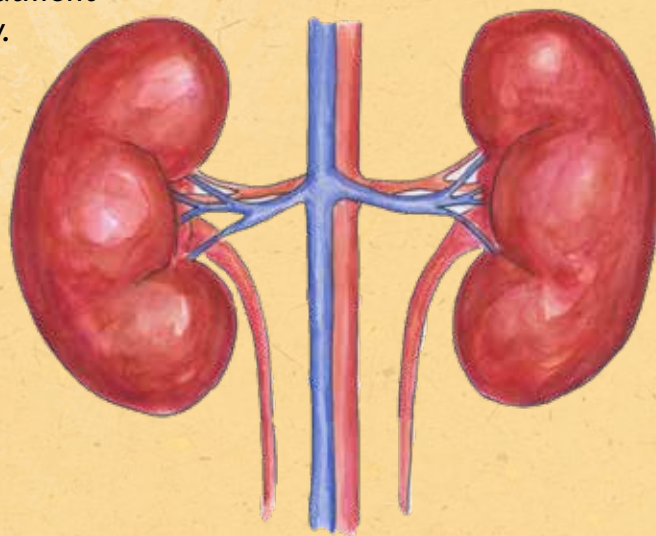
We have two kidneys.

If your kidneys stop working you will need dialysis treatment—or you will pass away.

They filter and clean blood

They filter waste into the urine

They help reduce extra fluid



Why do you get kidney disease?

Our general health and other chronic conditions can lead to kidney disease.

The following can contribute to kidney disease:

- Sugar diabetes
- High blood pressure
- Obesity
- A lot of infections over many years
- Autoimmune diseases
- Acute kidney injury

How do you feel when your kidneys are unwell?

Not thinking straight
due to toxins
in your blood

Headaches

Blurred vision

Tired

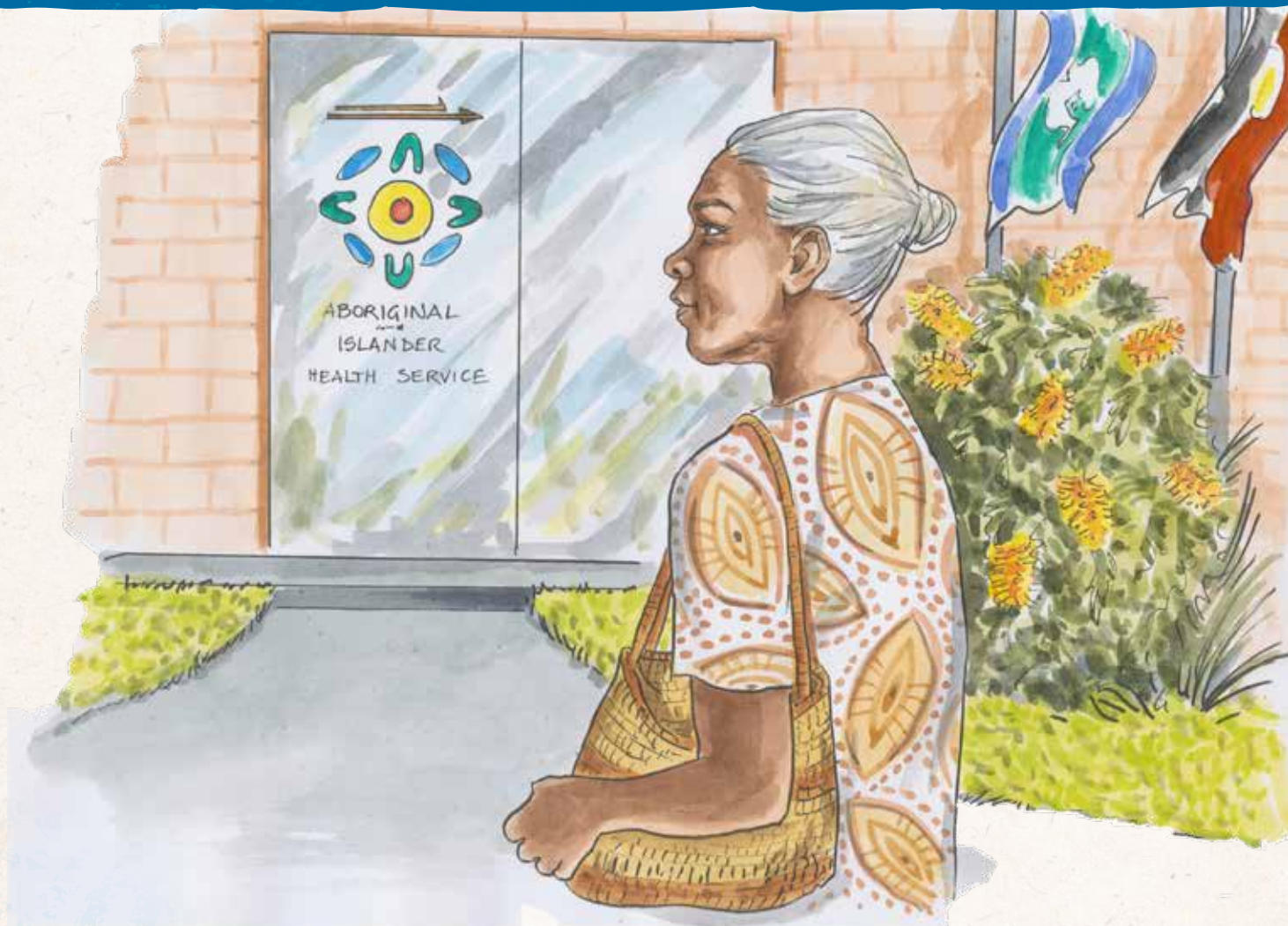
Short of breath

Not hungry

Not feeling well
within yourself

Puffy or swollen
ankles, eyes, feet,
legs, belly, and/
or fingers

Managing your kidney health



The best management is early prevention, by seeing your health worker and GP and getting treated

You can lose 80 to 90 per cent of kidney function without feeling unwell

It is important to see your GP regularly and have your health checks

Caring for your general health



It is important
to get your
flu vaccination
every year

If you have any
flu like symptoms or
pneumonia, it is best to
see your Health Worker
or your GP

Regular check ups



See your health worker, GP and other allied health teams regularly

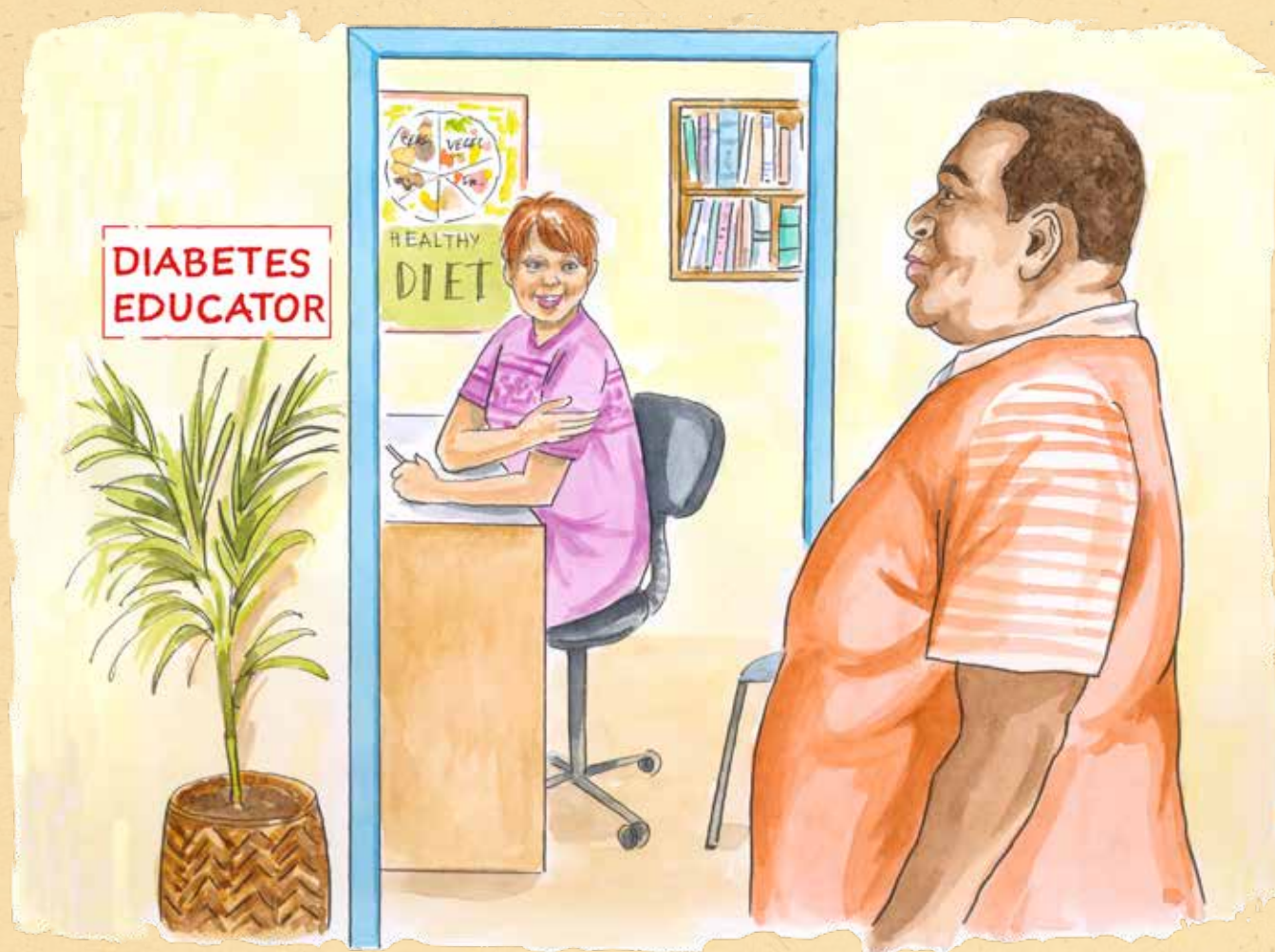
Managing your blood pressure



It is very important to keep your blood pressure under control. Aim to have a blood pressure of 130/80

If you have diabetes

If you have diabetes, get a referral from your GP to see a Diabetes Educator and if required, Diabetes Doctor (Endocrinologist).



Regularly check your blood sugar

Aim to have
your sugar levels
before breakfast
less than 7

If checking
twice a day before
dinner, try and keep it
less than 10



Keep
a record of your
sugar levels and
bring them with you
when you come to
the clinic

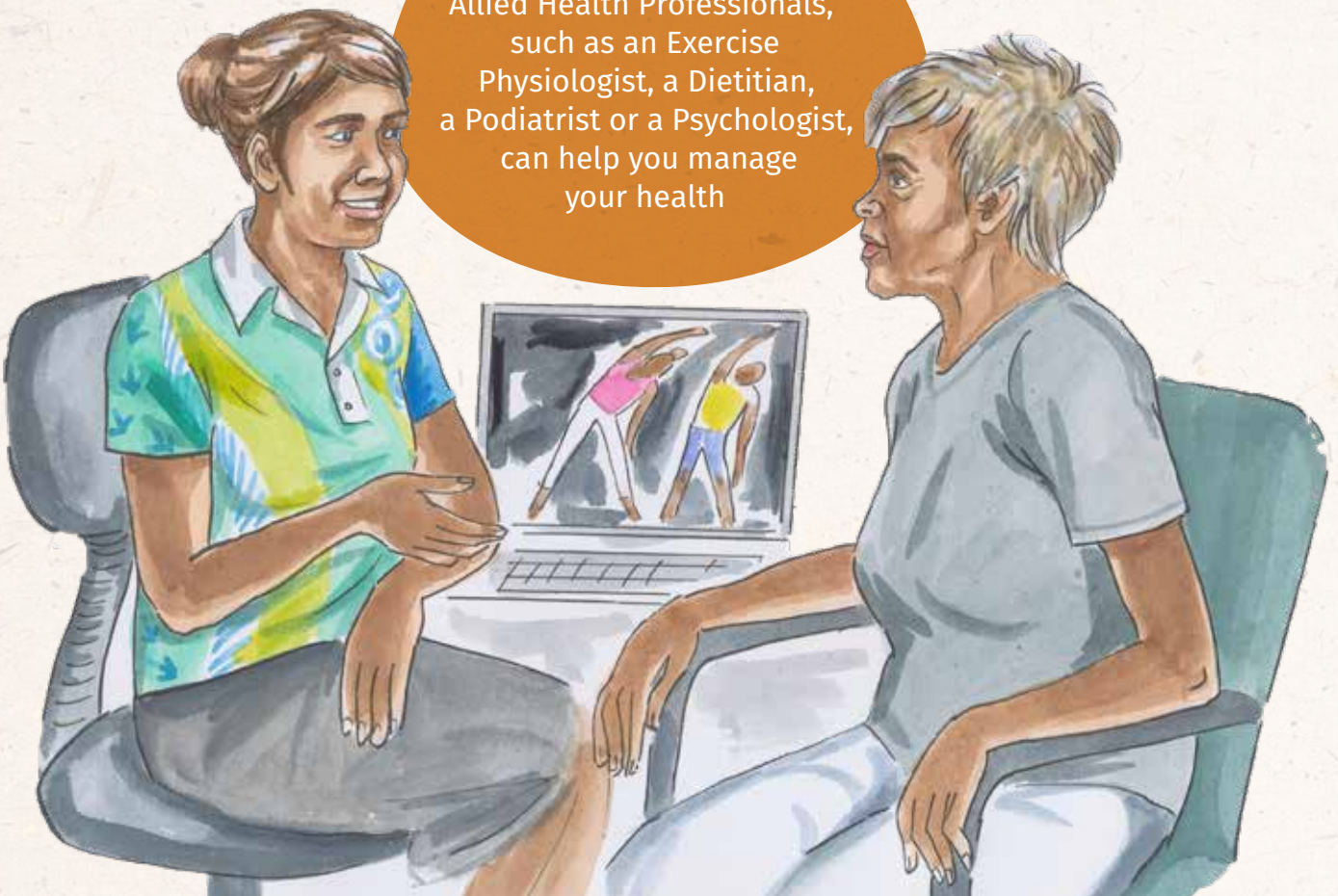


Monitoring your glycated haemoglobin (HbA1c)

The Diabetes Educator may record your HbA1c which requires a finger prick blood test. The HbA1c monitor records an average of your sugar levels over three months. For best protection for a healthy kidney, aim to have your HbA1c result as close to 7 per cent as possible.



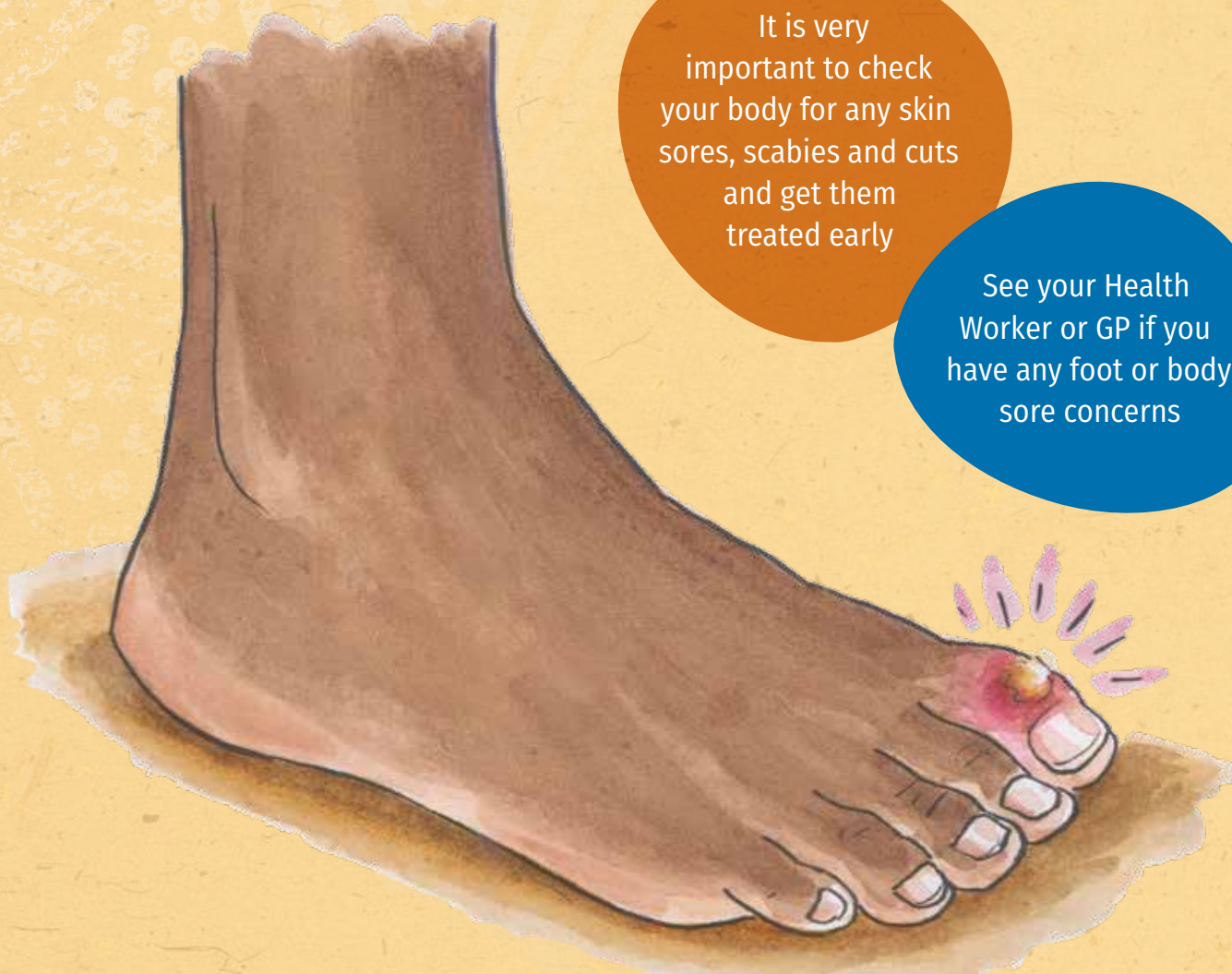
With a referral from your GP, other Allied Health Professionals, such as an Exercise Physiologist, a Dietitian, a Podiatrist or a Psychologist, can help you manage your health



Check your body for sores or cuts

It is very important to check your body for any skin sores, scabies and cuts and get them treated early

See your Health Worker or GP if you have any foot or body sore concerns



Tips for keeping your feet healthy:

- Have a yearly foot check by a Podiatrist.
- Check the soles of your feet daily.
- Wear footwear when walking outside.
- Don't walk in water when you have an open sore.

Managing your medications



Important:
DO NOT share
your medications



It is very important to take your medications as prescribed by your GP.

Avoid anti-inflammatory medications



Avoid non-steroidal anti-inflammatory drugs such as:

- Ibuprofen (Nurofen, Advil)
- Diclofenac (Voltaren)
- Naproxen (Naprosyn, Naprogesic).

Long term use of anti-inflammatory drugs will cause kidney damage.

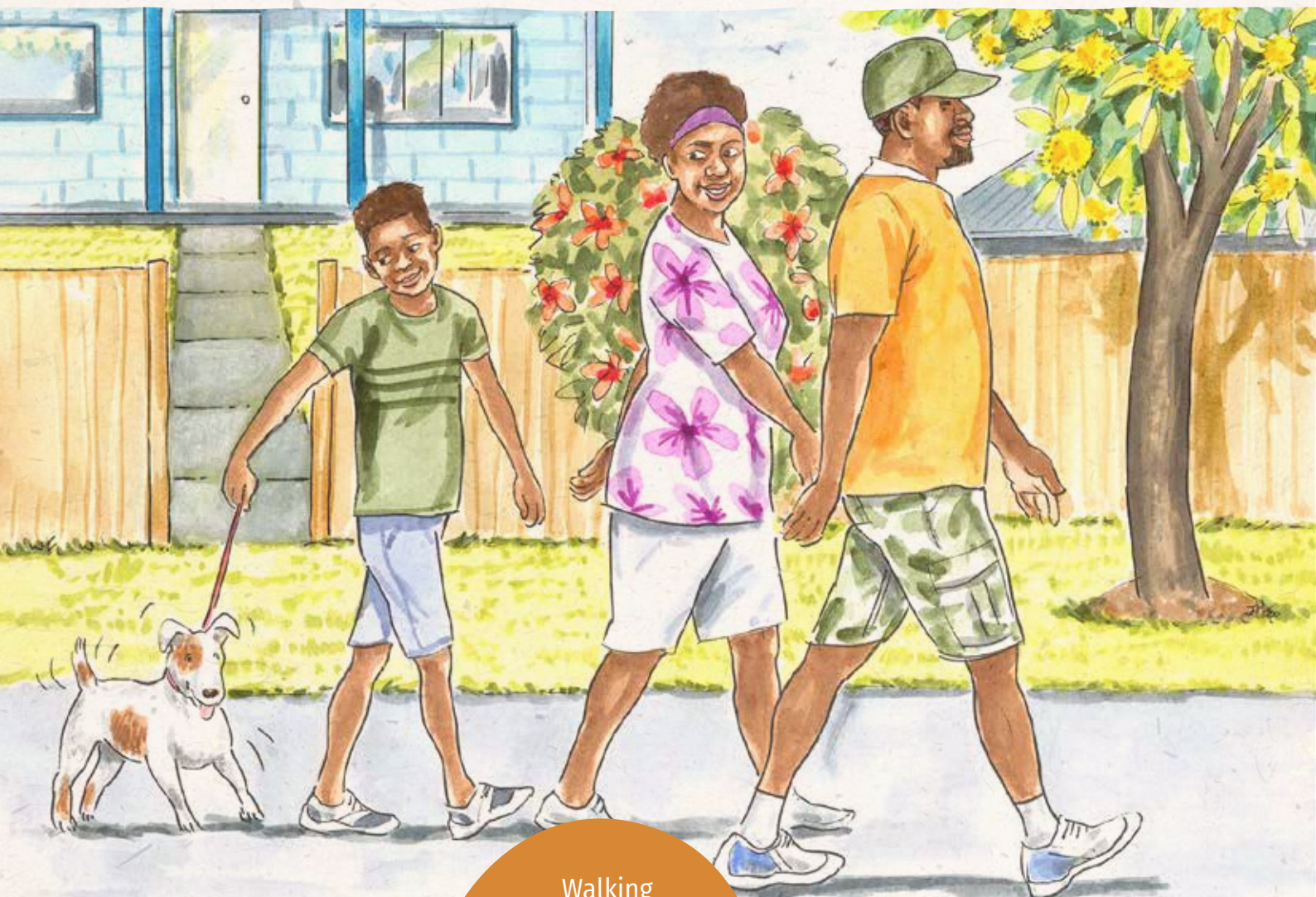
Use paracetamol (Panadol) as directed by your GP.

*Source: kidney.org.au/your-kidneys/treatment/medications-kidney-disease

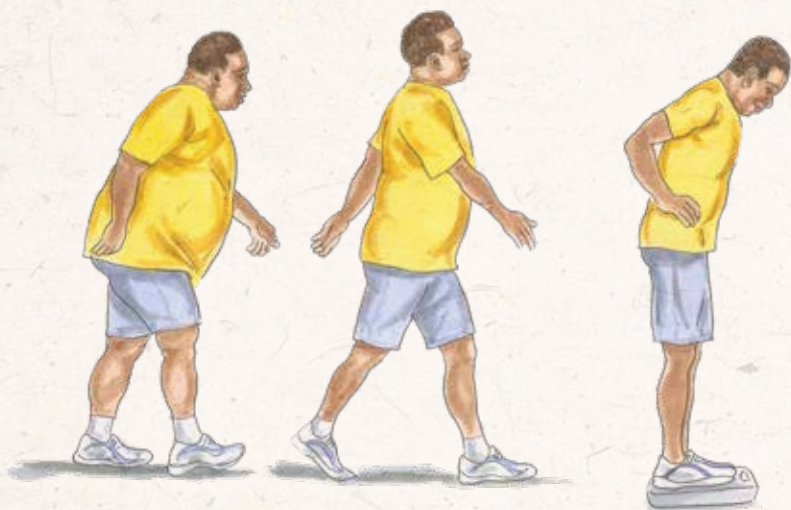
Exercise is important for your health and wellbeing

If you are overweight, try and exercise as much as you can as prescribed by your GP and Allied Health Professional.

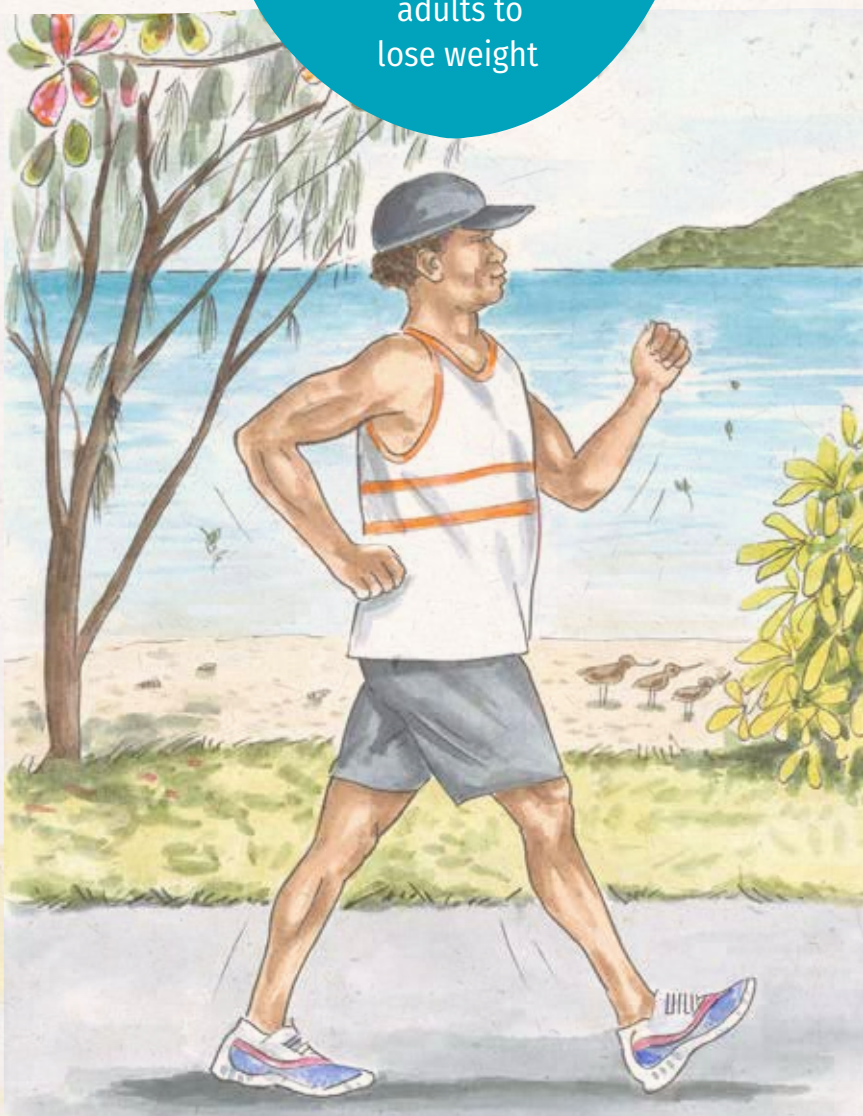
The weight you lose will help your diabetes, blood pressure and overall health and mental wellbeing.



Walking
with your family
members, going to the
gym or exercising by
yourself all helps



Research
proves 30 minutes
of exercise a day works
just as well as an hour in
helping overweight
adults to
lose weight





Outdoor activities

to improve your health and well being

Traditional
dancing

Gardening

Swimming
at your local pool
or waterhole

Traditional
hunting

Bike riding

Basketball
and Netball

Football
(Rugby League/Union,
AFL and Touch)

Soccer

Cricket

Tennis and
Hockey

Attending
cultural events
and festivals

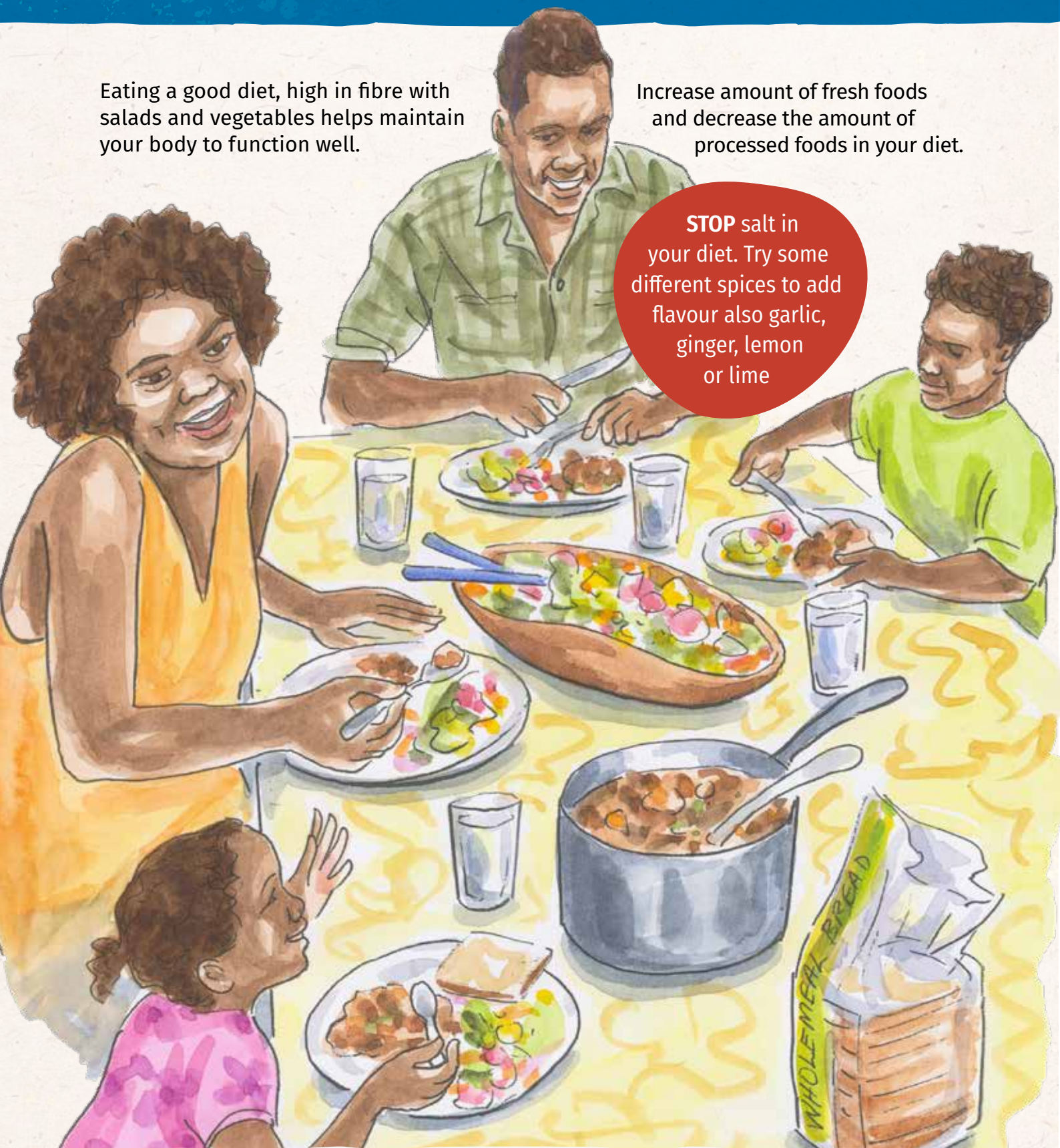
Gathering
bush tucker

Your diet and nutrition is important

Eating a good diet, high in fibre with salads and vegetables helps maintain your body to function well.

Increase amount of fresh foods and decrease the amount of processed foods in your diet.

STOP salt in your diet. Try some different spices to add flavour also garlic, ginger, lemon or lime



Avoid unhealthy foods



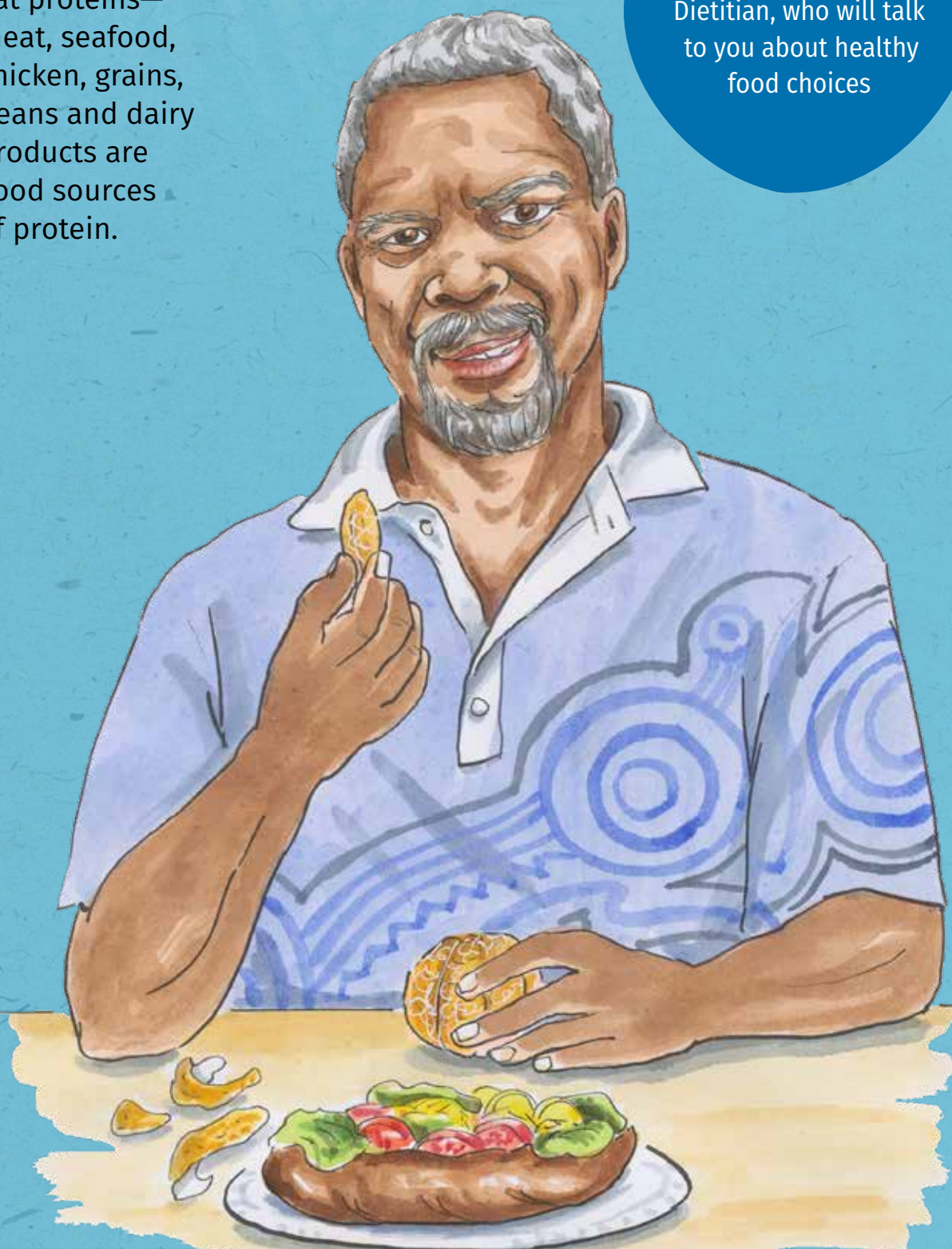
It is important to avoid unhealthy foods such as:

- fatty fried foods
- sugary drinks
- potato chips
- cakes
- sweets and
- chocolates.

Healthy nutrition

Eat proteins—meat, seafood, chicken, grains, beans and dairy products are good sources of protein.

A GP will refer you to a Dietitian, who will talk to you about healthy food choices



Avoid smoking to help your health and wellbeing

Smoking cigarettes is no good for your overall health—
smoking can damage the blood vessels in your body, resulting in
a greater risk of heart problems.



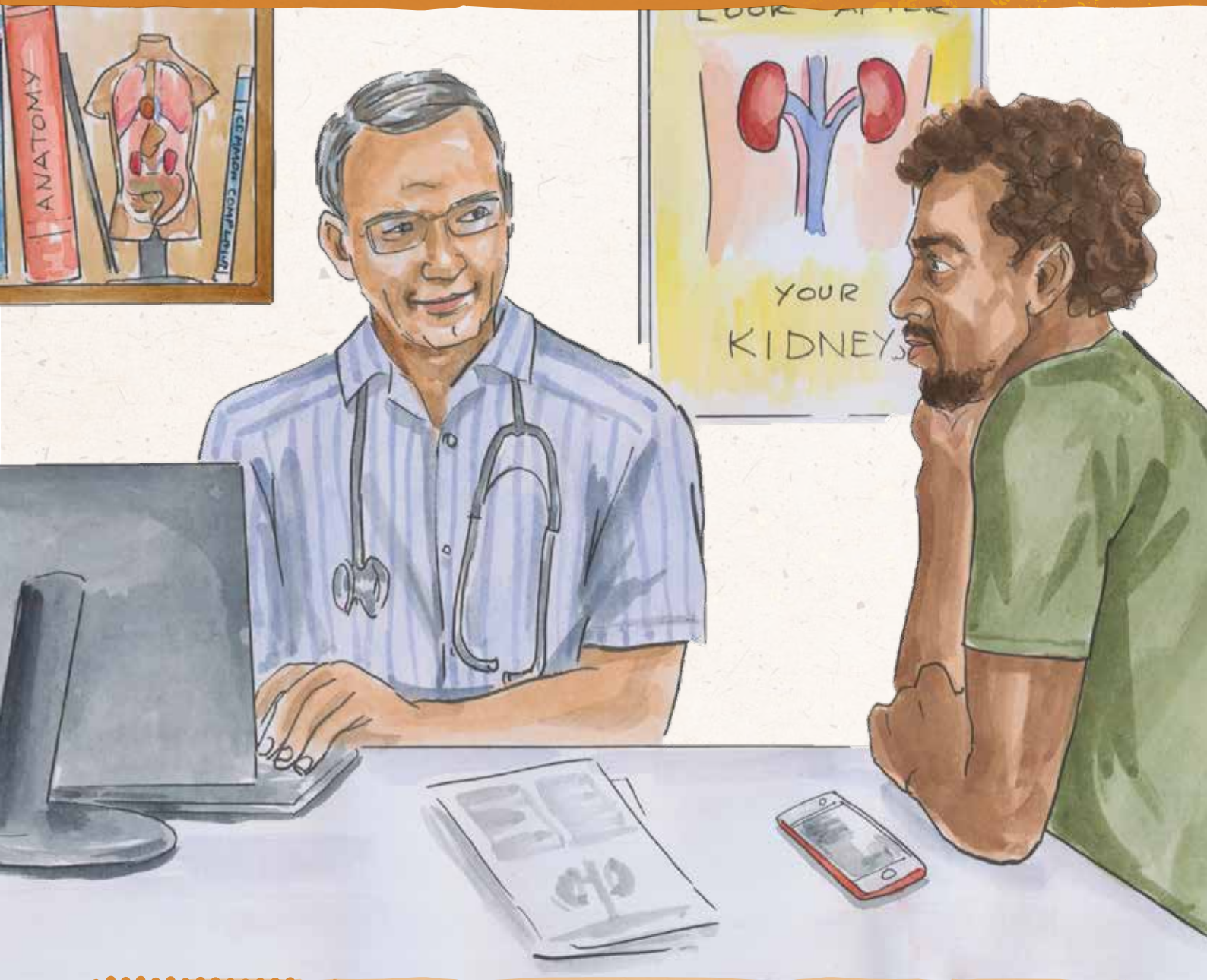
Avoid drinking alcohol and/or taking recreational drugs

See your GP for a
further referral to help
with any drug and/or
alcohol problems

For
help, refer to
the contact list
at the end of this
booklet



Referral to a Specialist



You may be referred to a Kidney Doctor (Nephrologist) for more information and treatment advice.

Questions



If you have
any questions,
please see your
Health Worker
or GP



Notes

A cartoon illustration of a small, white dog with brown spots, possibly a dalmatian or similar breed. The dog is standing on a grey path, looking towards the right with a happy expression, its mouth open and tongue out. It is wearing a red leash. The background is a simple, bright yellow-green field with a few green bushes and a wooden fence in the distance.

For more of her deadly artwork
visit **chaboo.com.au**.

Contact details for assistance

Aboriginal Community Controlled Health Services

Gurriny Yealamucka Health Service Aboriginal Corporation

P 07 4226 4100

Mamu Health Service

P 07 4061 9988

Mulungu Aboriginal Corporation Primary Health Care Service

P 07 4086 9200

Wuchopperen Health Service

P 07 4080 1000

Other agencies

Health and wellbeing

Kidney Health Australia

P 1800 454 363 E careteam@kidney.org.au
kidney.org.au

Gindaja Treatment and Healing (Yarrabah)

P 07 4056 9000 E referrals@gindaja.org
gindaja.org.au

Indigenous HealthInfoNet

healthinfolnet.ecu.edu.au

Loves Lived Well (Mareeba) QNADA

P 1300 727 957 (freecall)
liveslivedwell.org.au

Positive Choices

positivechoices.org.au

Quitline

P 1300 858 584
quitlinent.org.au/

Alcohol and other drugs

Alcohol and Drug Foundation

P 13 QUIT (13 7848)
adf.org.au

Alcohol and Other Drugs Service (AODS)

P 1800 177 833 (freecall) 24/7 service
adis.health.qld.gov.au/getting-support/find-a-service

Drug Aware

P 08 9442 5000 (Metro areas)
P 1800 198 024 (Country areas)
drugaware.com.au

Insight

insight.qld.edu.au

Queensland Injectors Health Network (QuiHN)

P 07 3620 8111 or 1800 172 076 (freecall)
quihn.org

Queensland Network of Alcohol and Other Drug Agencies (QNADA)

P 07 3023 5050 E info@qnada.org.au
qnada.org.au/service-finder

Youth Empowered Towards Independence (YETI)

P 07 4051 4927 E referrals@yeti.net.au
yeti.net.au



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION



MAMU
HEALTH SERVICE LIMITED



Mulungu
Aboriginal Corporation
Primary Health Care Service



Wuchopperen
HEALTH SERVICE LTD



Queensland
Government

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