

LIVING WITH KIDNEY DISEASE



IMPORTANT MESSAGES:

1. You can slow down kidney disease
2. Learn about kidney disease
3. Live well
4. Remember to take your medicines
5. Have checkups often

TOPICS:

- Learning to stay healthy
- Eating good food
- Taking care of your body
- Weight & size
- Being active
- Medicines for kidney disease
- Diabetes
- Blood pressure
- Smoking and grog
- Infections
- Problems-salt, sugar, fat

Live well and make good choices



be active



eat well



visit health clinic



don't smoke



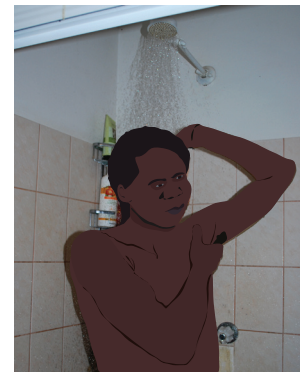
don't drink much alcohol



drink water



have medications



keep clean

Take your medicines all the time



- Tablets for blood pressure



- Iron & Erythropoietin for healthy blood



- Calcium for strong bones

Not smoking



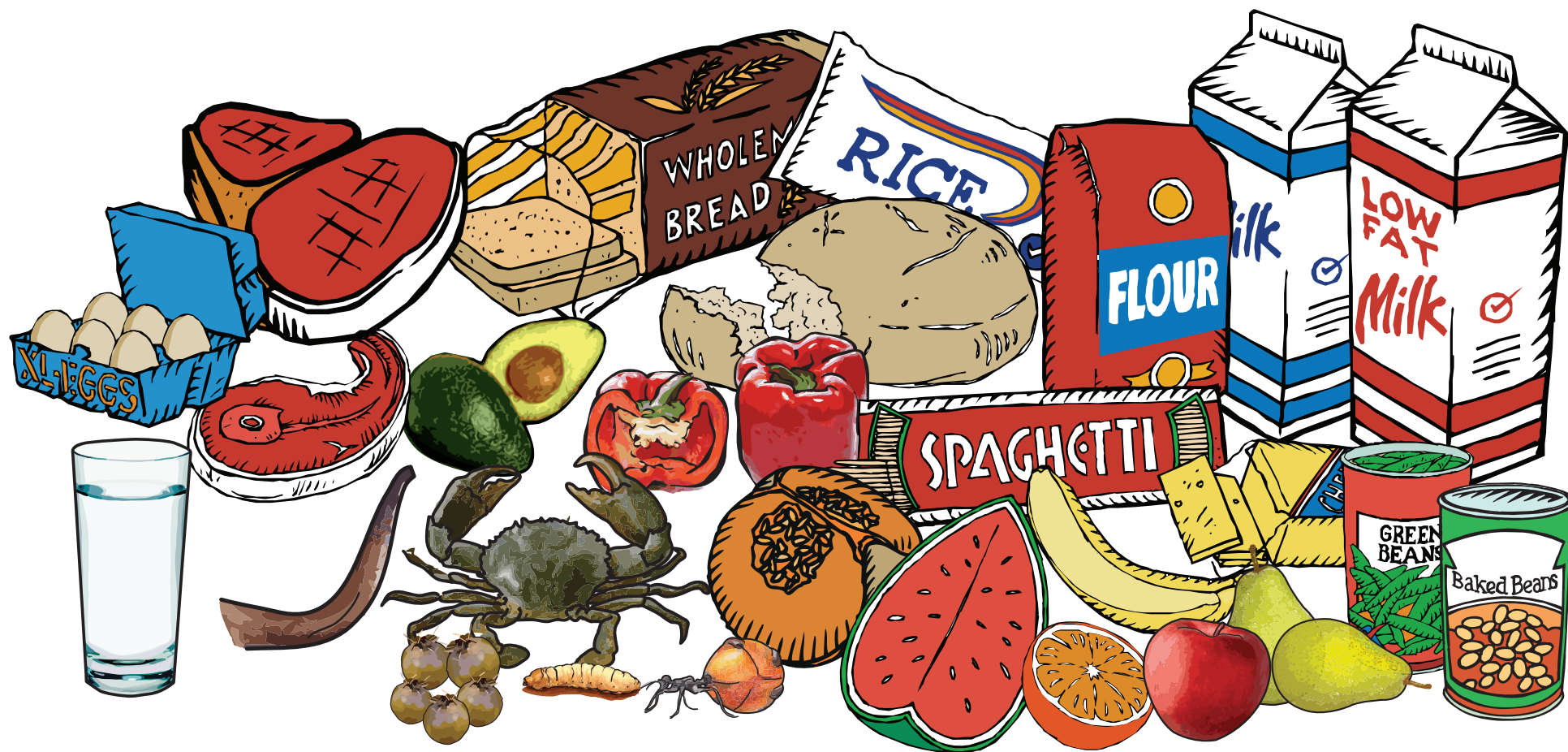
Not drinking too much grog



Being active - get moving!



Eat good food



Drink water



Be a good body weight; be a good body size



Keep yourself clean; keep your house clean



Have good blood pressure



medications



eat well

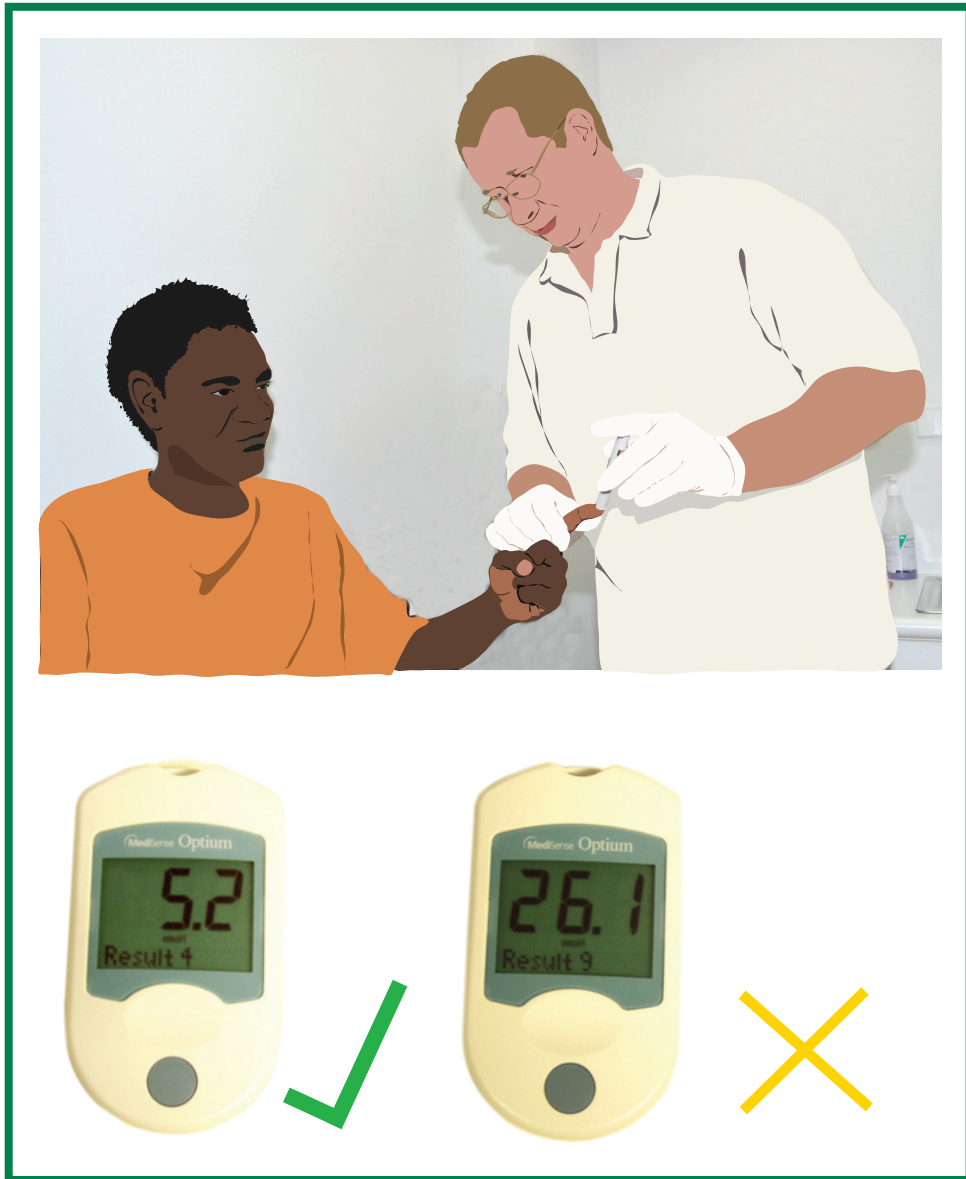


active



health clinic

Watch your diabetes



eat well



health clinic

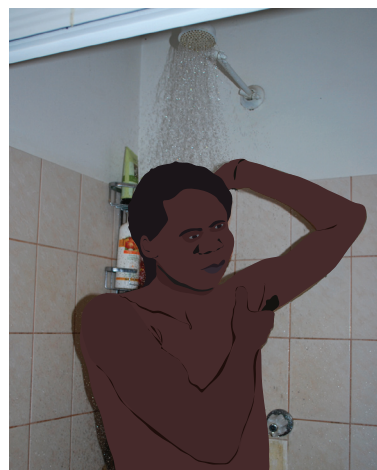


medications

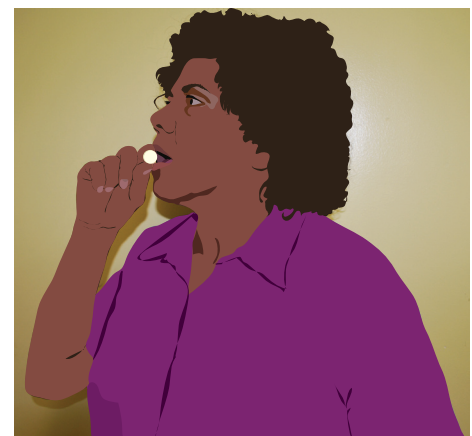


active

Get sores fixed; get infections fixed



clean



medications



eat well



health clinic

Have regular check ups



Take care of your whole body



- Dental clinic



- Foot clinic



- Woman's clinic

- Men's clinic



You can slow down kidney disease



WORDS TO UNDERSTAND:

- anemia
- blood pressure
- body weight
- body size
- erythropoietin
- infection
- kidney disease
- renal
- checkups
- diabetes
- dietician
- energy
- foot clinic
- sugar levels
- urine
- waste
- active
- healthy
- slow down

LIVING WITH KIDNEY DISEASE

RESOURCE TOPICS:



THE WORK OF YOUR KIDNEYS



WHEN YOUR KIDNEYS GET SICK



LIVING WITH KIDNEY DISEASE



DIET AND KIDNEY DISEASE



TREATMENT OPTIONS & PATHWAYS



PERITONEAL DIALYSIS



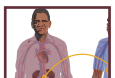
HAEMODIALYSIS



FISTULA AND CATHETER



PALLIATIVE CARE FOR PEOPLE WITH SICK KIDNEYS



TRANSPLANT BOOKS 1 - 4

NT Renal Services would like to thank all the renal patients and others who donated their time in posing for the photos that were used to make the illustrations in these resources.

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