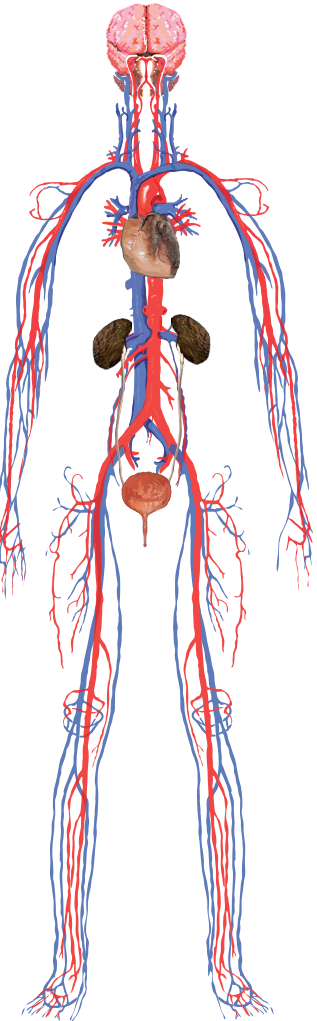
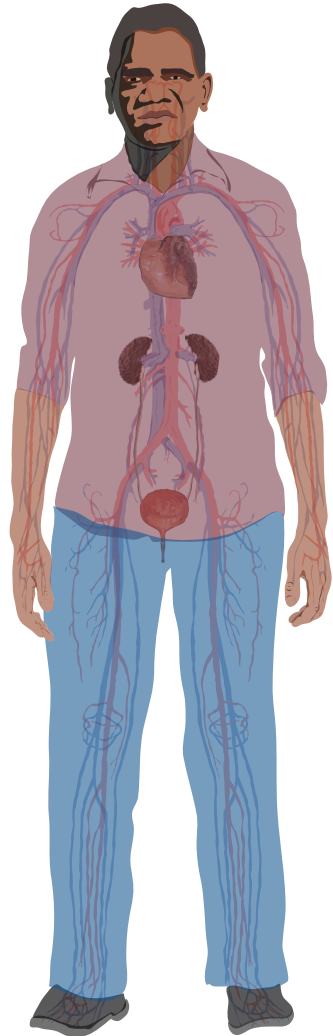


WHEN YOUR KIDNEYS GET SICK - TEXT VERSION



There are many reasons why people get kidney disease.

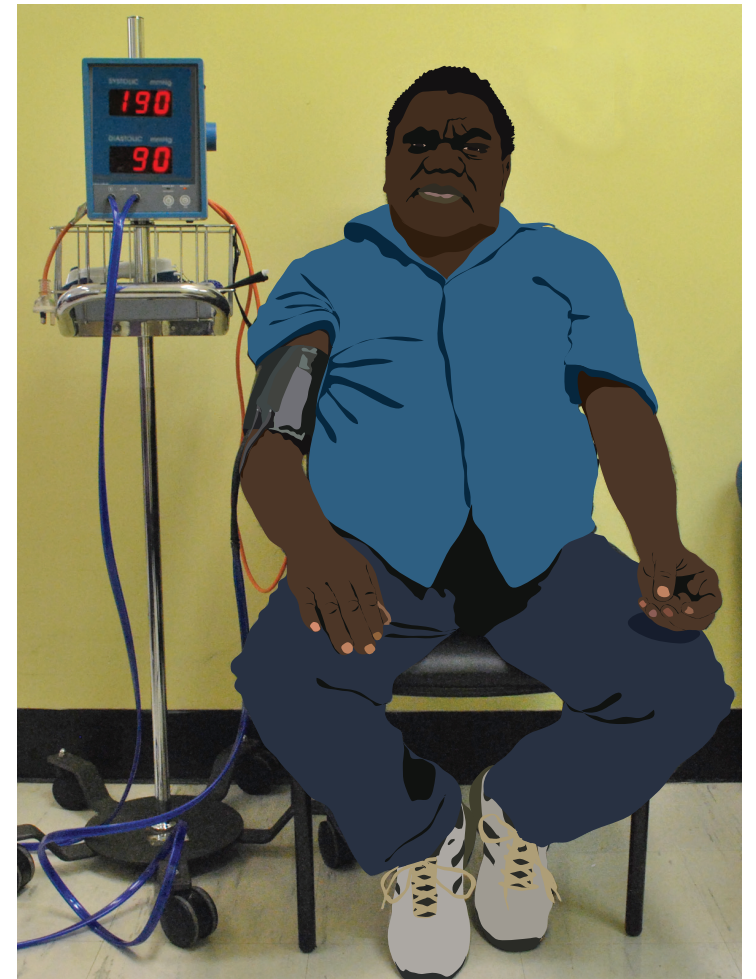


- Diabetes



- Being overweight

- High blood pressure



Having lots of infections over many years.



- Boils



- Scabies



- Infected feet



- Coughs and colds



- Infected teeth



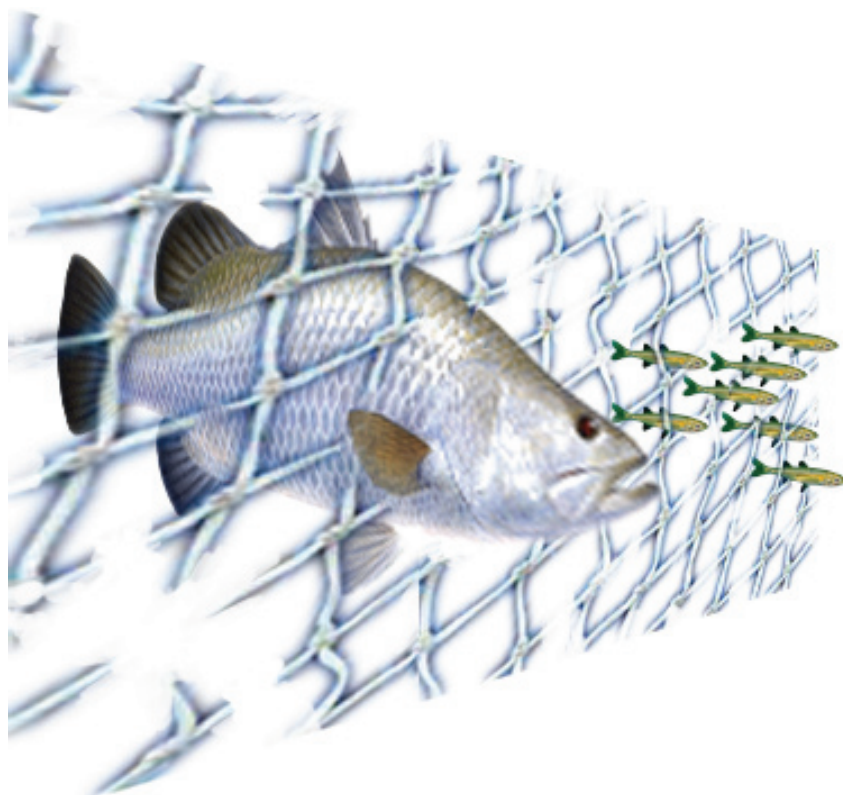
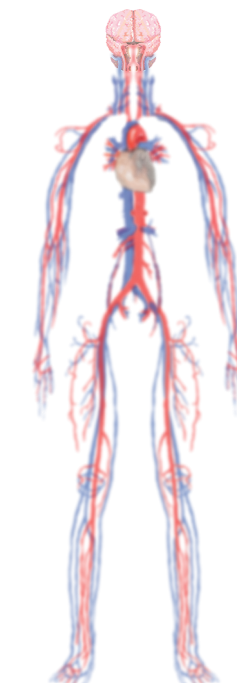
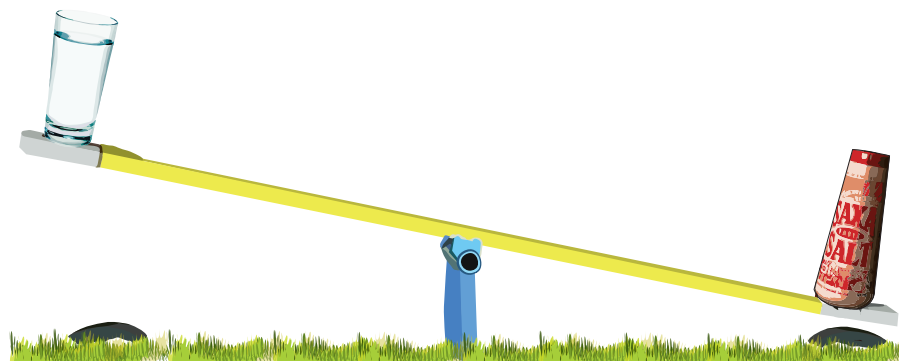
- Family history



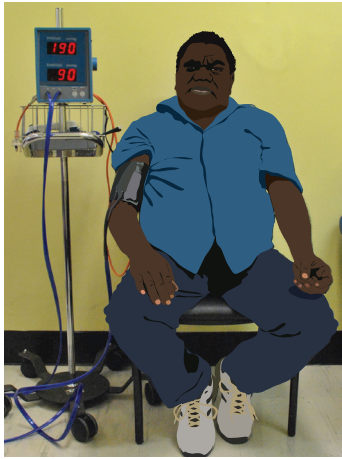
- Mothers smoking, not eating well and being unhealthy.

When your kidneys get sick they can not do their work properly:

1. Sick kidneys can't keep the right water and salt balance in the blood.



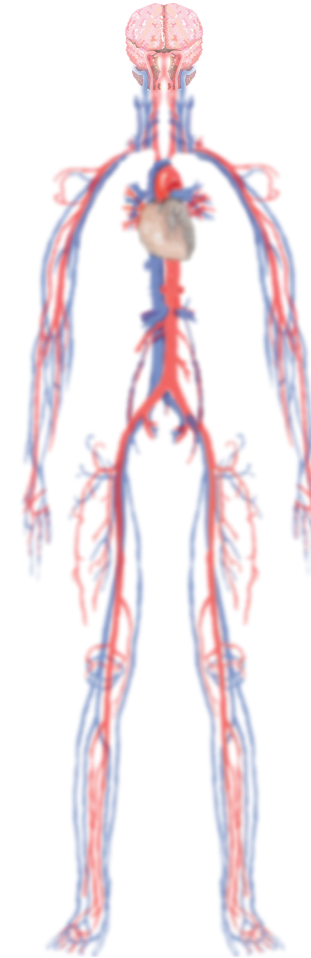
2. Sick kidneys can't do their filter job properly.
Like a fishing net that is full of holes.
The big fish can get out too.



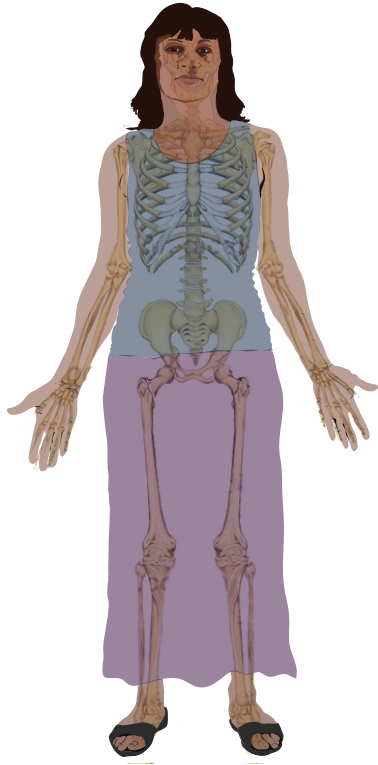
Sick kidneys can't control blood pressure properly

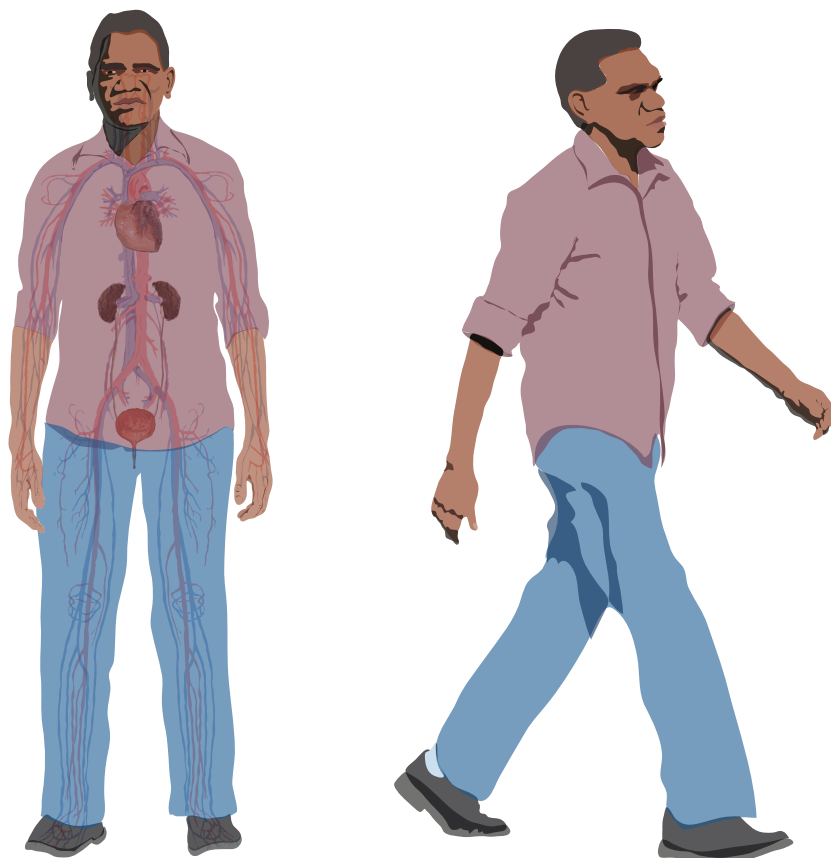


Sick kidneys can't keep blood healthy



Sick kidneys can't keep bones strong





You can have kidney disease and not know about it. As your kidneys get sicker and sicker the feeling in your body may be changing so slowly that you do not notice it.



Eventually you will feel sick and weak from your kidney disease.

The time it takes for this to happen is different for everyone. It could happen very quickly - over a few months. Or it could happen very slowly - over many years.

That is why it is very important to visit your health clinic - so you can find out if you have kidney disease.





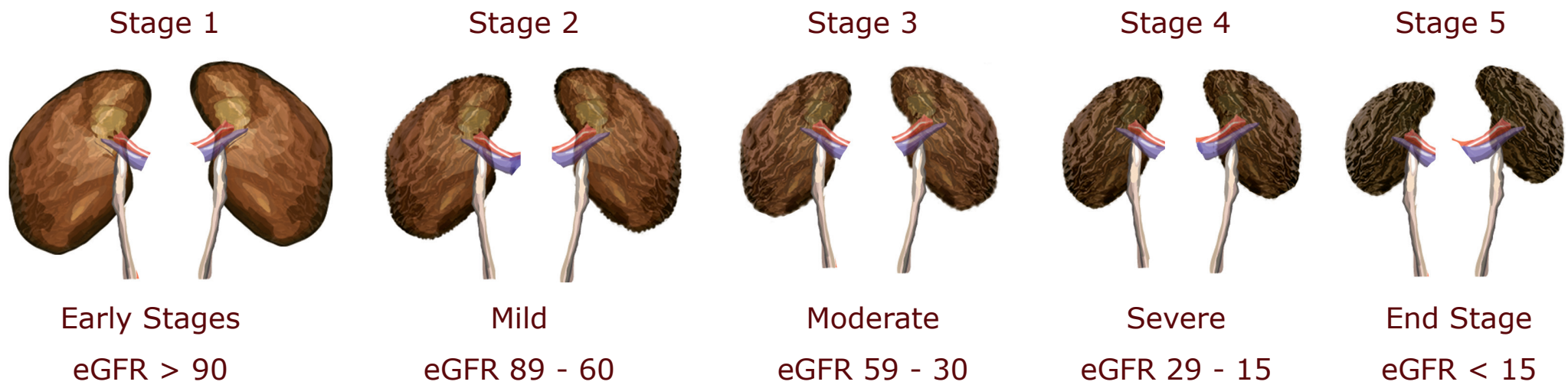
The doctors and nurses will ask you questions about your health, how you feel and about how you live.



They will take urine and blood samples, which can tell how healthy or sick your kidneys are.

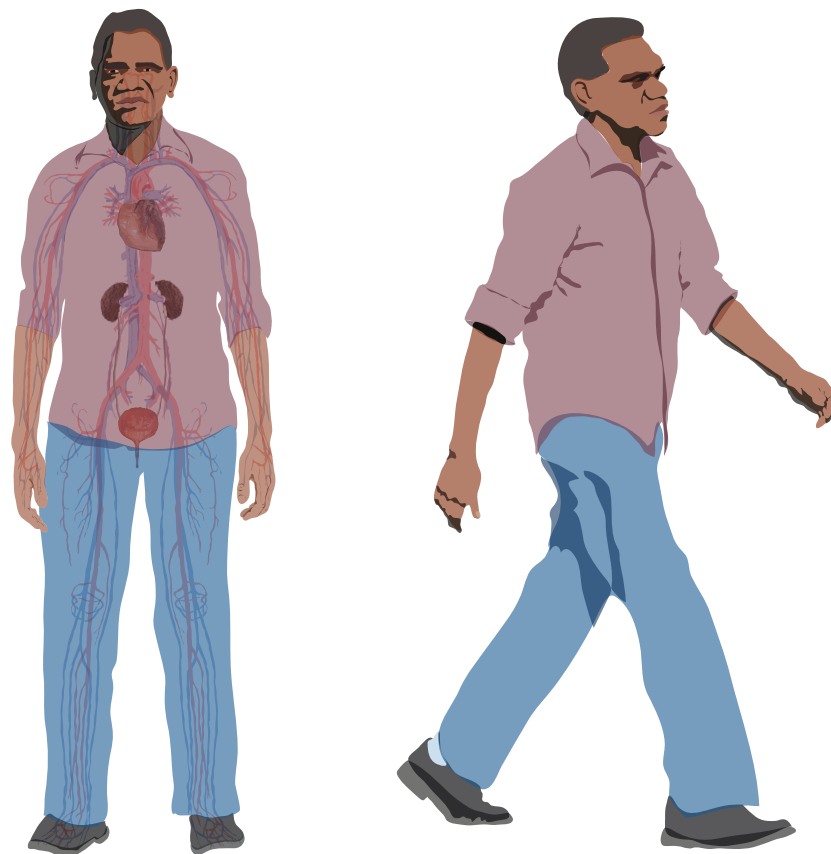


Kidney disease can be measured in stages.



Your blood and urine can be tested for creatinine, which can give a number called the 'estimated Glomerular Filtration Rate', also known as 'eGFR'. The eGFR number gives you an idea of how healthy or sick your kidneys are.

You might have stages 1 - 4 kidney disease and not feel any sickness



Stage 1



Stage 2



Stage 3



Stage 4



Stage 5

When your kidneys get really sick you will feel some, or all or these:

- Short Wind



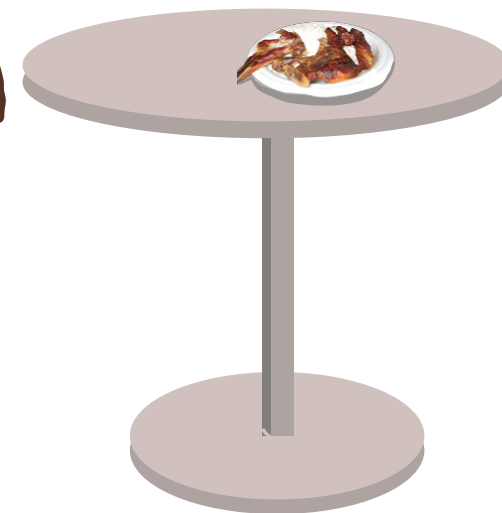
- Itchy



- Headache



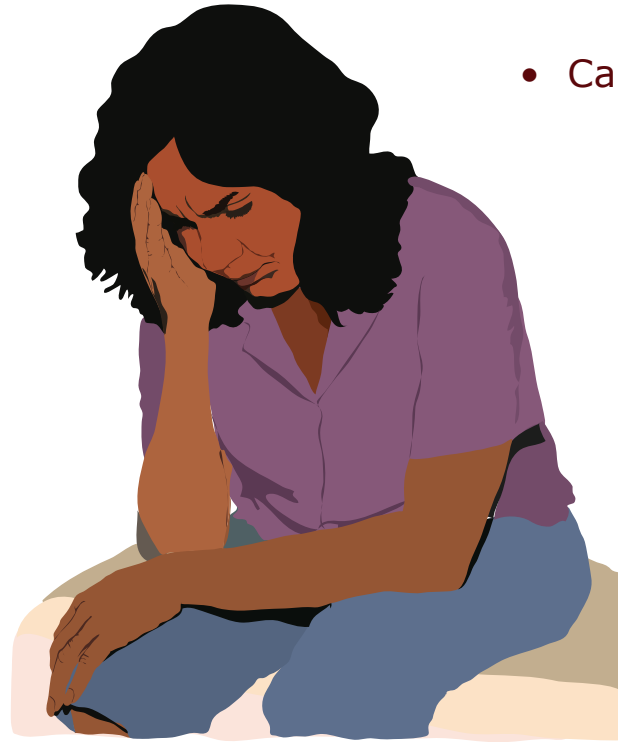
- Not feel like eating



- Tired & sleepy



- Can't think clearly



- Can't see clearly



- Swelling ankles, fingers, eyes or stomach



There are good life choices that will slow down your kidney sickness.



Being active



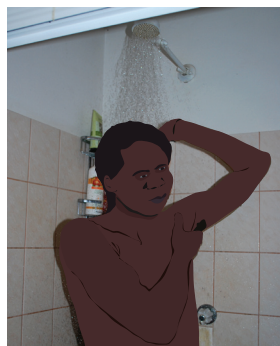
Being a good weight



Don't smoke



Don't drink much alcohol



Keeping clean



Eating healthy foods



Don't have sweet drinks



Don't eat salty foods



Drinking water



Taking medicines



Don't eat fatty foods

There are medical treatments you can do if your kidneys get really sick.



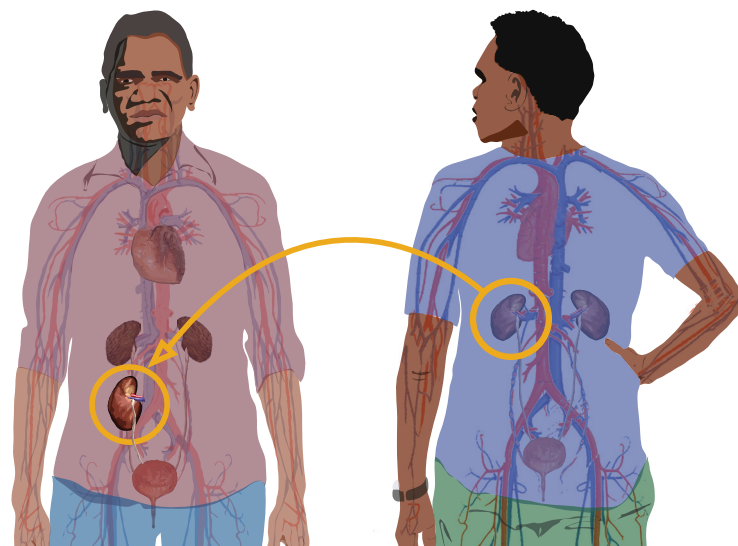
Medicines



Haemodialysis



Peritoneal Dialysis



Kidney Transplant



Palliative Care

It is important to take care of your whole body by visiting these clinics:



- Dental clinic



- Feet clinic



- Woman's clinic



- Men's clinic

It is good to talk about kidney disease with your family.



By managing your kidney disease with the help of the health workers and your family, you can slow down that kidney disease and live longer.



WHEN YOUR KIDNEYS GET SICK - TEXT VERSION

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



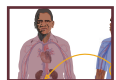
HAEMODIALYSIS



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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