

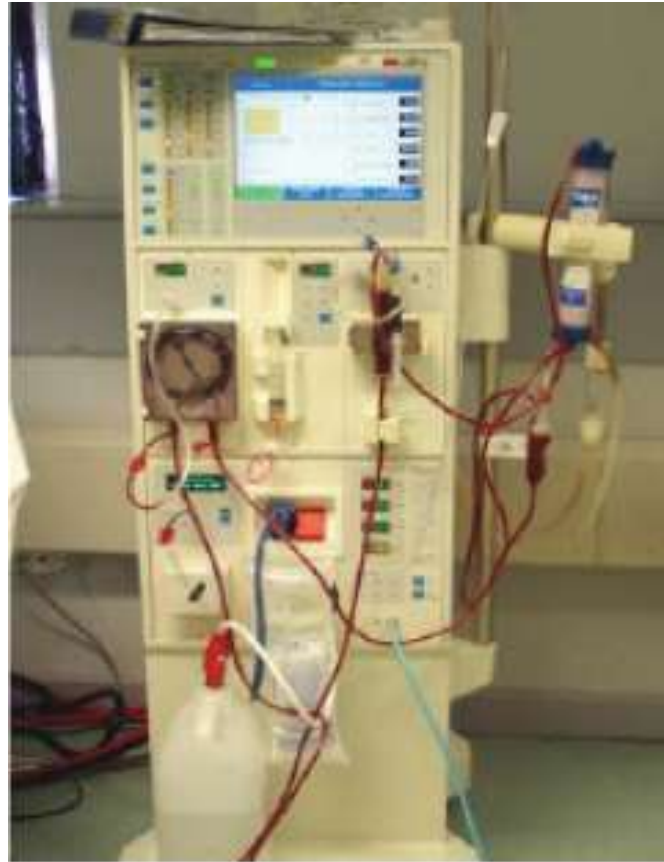


# Salt and Fluid Story

For Dialysis Patients



**Two men found out they had sick kidneys and had to start on the machine. They had to travel to Darwin and were a long way from their family.**



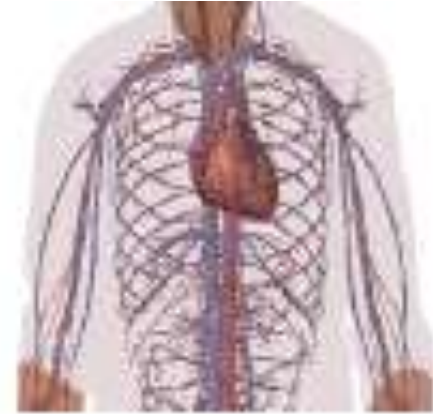
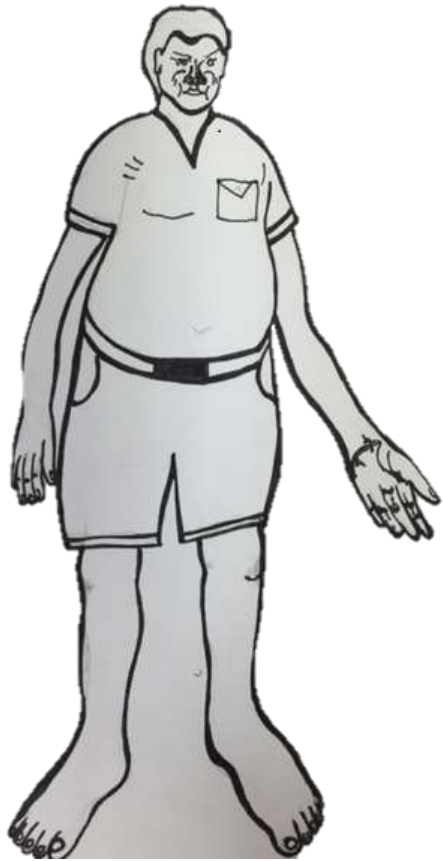
**The machine helped to clean their blood and made them feel well again.**



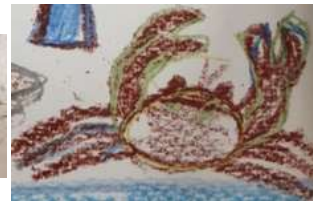
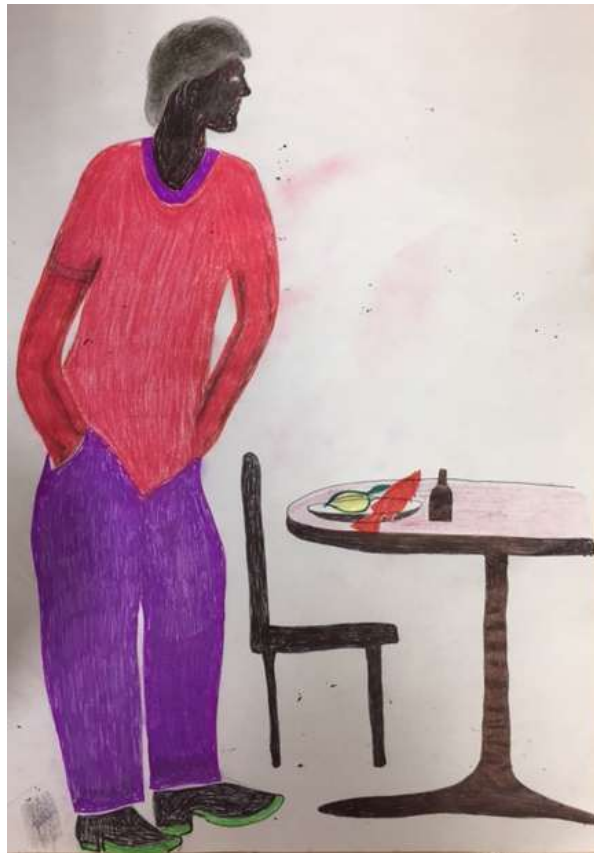
The health care mob told those men that because they were on the machine, they had to eat less salt.



**One of those men ate a lot of salt it made him real thirsty and so he drank and drank and drank. That water stayed stuck in his body.**



**It made him get big feet, it made him short wind and it made his heart work hard. Later he had heart pain and died.**



**To keep himself well, the other man ate fresh tucker.  
To make his tucker taste good he would use herbs,  
chilly, curry, lemons and vinegar and no salt.**



He stayed away from salty tucker like pies, sausage rolls, hot chips, corned beef and soy sauce.



**1 LITRE**



**Because he didn't eat salt, that man could drink small more easily. He drank only four small cups (1 litre) of water a day, so he stayed well, even on dialysis.**



**His breathing was easy, his legs were light and his heart was healthy. He lived a long life and could enjoy time with his family.**



# MY FLUID INTAKE

I AM NOW ON DIALYSIS  
MY FLUID INTAKE MUST BE LESS  
NO MORE THAN ONE LITRE A DAY  
I MUST HAVE DISCIPLINE EVERY-DAY  
FAR TOO MUCH PRESSURE ON MY HEART  
TIME TO MAKE A BRAND NEW START  
CUT BACK ON COFFEE POTS OF TEA  
LESS FLUIDS MY MIND AT EASE  
TOO MUCH FLUID KEEPS ONE AWAKE  
I MUST MAKE A NEW START NO MISTAKES  
DRINKING LESS FLUIDS A HEALTHY HEART  
A PEACEFUL SLEEP AT LONG LAST  
NO MORE RESTLESS NIGHTS  
LIKE A BABY RUGGED UP TIGHT  
BOUNCE OUT OF BED LIKE A RUB-BER BALL  
I AM FIT AND HEALTHY STANDING TEN FEET TALL  
NOW THAT MY FLUID INTAKE IS LESS  
THERE IS NOW NO MORE STRESS  
DRINKING ONE LITRE EACH DAY  
MY HEART REJOICING EVERYDAY

LUKE S MORCOM 18-2-2015 (C)



# This story has been made with the help of:

## Story:

Jennifer McGregor  
Marie Brennan  
Luke Morcom  
Gracie White  
Evonne White  
Paul Gunumbu  
Monica Hausin  
Josie Timothy

## Read By:

Cecelia Wapau

## Poetry:

Luke Morcom

## Artwork:

Georgina Rankin  
Lena Mamarika  
Lionel Nayinggul  
Magdalene Ngalamin  
Dennis Anderson  
Anastacia  
Mel Sheba Fernando  
Rachael Minapinni Woody  
Melva Wanambi  
Dorothy Wubulkarra  
Maryanne Tungutalum  
Ronald Gaykamangu