

KEEP YOUR BODY AND KIDNEYS STRONGER LONGER



**IT IS VERY IMPORTANT NOT TO SMOKE OR CHEW TOBACCO OR USE ASH!
START A QUIT PROGRAM TO HELP YOU STOP SMOKING, IF YOU DO**

		
<p>Drink water instead - when you are thirsty</p>	<p>Drink less grog - or no grog at all is best</p>	<p>Do not drink high sugar or fruit drinks</p>
<p>No cost and no calories! Water cleans your body on the inside as well</p>	<p>Too much grog makes your body weak</p>	<p>High sugar drinks make you fat quickly and are bad for your body especially your kidneys</p>

YOU CAN AVOID OR DELAY SICK KIDNEYS - TO STAY STRONG LONGER

		
<p>Eat more natural & fresh healthy foods like bush tucker and vegetables</p>	<p>Avoid foods high in fat, salt & sugar to help keep your weight down</p>	<p>Use herbs - not salt to flavour your food</p>
<p>You feel better and have more energy to enjoy life</p>	<p>Helps keep your body healthy, and your heart and sugar levels low. Your kidneys like this too!</p>	<p>Salt damages your heart and kidneys. It is very bad for your blood pressure and can make it worse</p>

**IF YOU DO HAVE SICK KIDNEYS
YOU CAN MANAGE AND SLOW DOWN
THAT KIDNEY DISEASE AND LIVE STRONGER AND LONGER**

	
Keep your hands, body and house very clean and make sure kin and visitors do this too	Take your medications as your doctor tells you
Lowers your chance of getting infections	Slows down or stops more damage to your kidneys
	
Be more active. Walk more steps every day!	It is important to brush your teeth every day to keep teeth and gums healthy
You will have much more energy and will feel so much better	Visit a dentist regularly

VISIT YOUR HEALTH CLINICS OFTEN



• Dental clinic



• Foot clinic



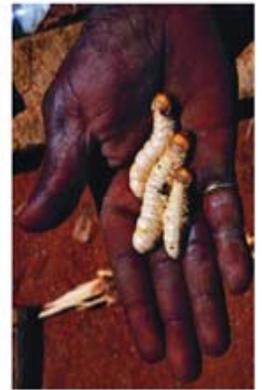
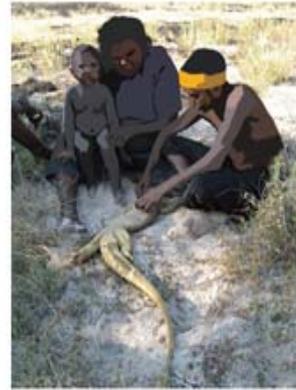
• Woman's clinic



• Men's clinic

**COOK MORE BUSH TUCKER AND EAT HEALTHY FOODS
CUT OUT RUBBISH FOODS**

**YOU WILL FEEL BETTER, LOSE WEIGHT AND
YOUR KIDNEYS AND HEART WILL LOVE IT!**



*Images from Kidney Stories Toolkit - NT Renal Services



KIDNEY HEALTH INFORMATION SERVICE
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For all people with, or affected by, kidney or urinary disease
or email your question to khis@kidney.org.au