

**MEDIA RELEASE
For Immediate Release**

Australians 'I Kidney Check' this May

This year Kidney Health Australia is asking all Australians to join the growing number of people across the country who 'kidney check'.

'*I Kidney Check*' is the theme for this year's Kidney Health Week, which will be held from May 22 to May 28.

Kidney Health Australia CEO Anne Wilson said early detection and effective management can halt chronic kidney disease, or slow progression by as much as 50%.

"Chronic kidney disease is known as the silent killer for a reason – an estimated 1.7 million Australian adults have signs of it, yet 90% don't know they have it as, because there are no distinct warning signs, you can lose up to 90% of kidney function without realising," said Ms Wilson, "The kidneys are vital organs – just like the heart, brain, or lungs – if they shut down, your body shuts down."

"Prevention and early detection is critical, and it is time for all Australians to say 'I Kidney Check' and learn about the devastating impact that failing kidneys have on the body," said Ms Wilson, "It is crucial to understand the role of the kidneys, and the links between kidney disease and other chronic conditions, such as high blood pressure – one of the most common causes of kidney disease."

You are at increased risk of developing kidney disease if you:

- Have diabetes
- Have high blood pressure
- Have established heart problems (heart failure or heart attack) or have had a stroke
- Have a family history of kidney failure
- Are obese with a body mass index (BMI) 30 or higher
- Are a smoker
- Are 60 years or older
- Are of Aboriginal or Torres Strait Islander origin
- Have a history of acute kidney injury

"This Kidney Health Week, I urge all Australians to take control of their kidney health," added Ms Wilson, "Find out if you're at increased risk and, if you are, it's imperative to get a kidney check every year. If caught early, the progression of the disease can be slowed down and, in some cases, even reversed, so talk to your GP or pharmacist to find out more before it's too late. "

Ms Wilson also encouraged everyone to go to Kidney Health Australia's website and share their story on the '*I Kidney Check*' gallery page at kidney.org.au/kidney-check.

"There is growing awareness about kidney health and we need to keep this momentum growing, so we need Australians to head to the gallery, read the profiles, add their own story, and help spread the word about why it's important to check your kidney health."



Kidney Health Week creates awareness about maintaining good kidney health, as well as kidney disease and its impact. For more information about Kidney Health Week and kidney disease and its associated risk factors, visit kidney.org.au or find Kidney Health Australia on Facebook, Twitter, or Instagram.

Kidney Health Australia, formerly the Australian Kidney Foundation, is a national health care charity with a vision 'to save and improve the lives of Australians affected by kidney disease'. As the national peak body, Kidney Health Australia promotes good kidney health through delivery of programs in education, advocacy, research and support.

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