

Fact sheet – Indigenous health

What is chronic kidney disease (CKD)?



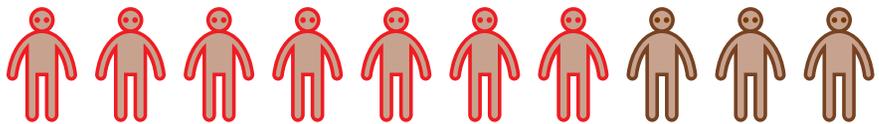
Kidneys keep our bodies deadly

What is Chronic Kidney Disease? (CKD)

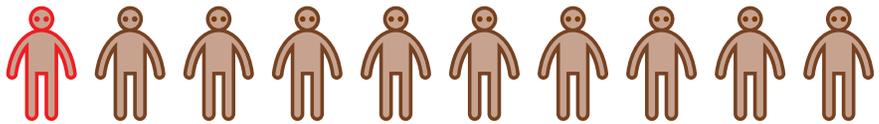
Chronic Kidney Disease means that the kidneys have a long-term disease that slowly stops them from working.

8 in 10 Aboriginal and Torres Strait Islander people get kidney disease because of diabetes and high blood pressure damaging the kidney.

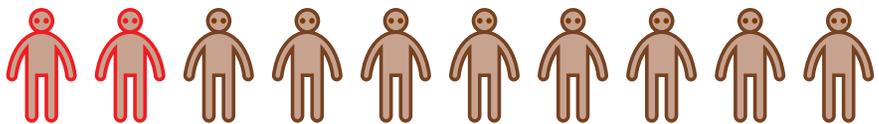
The others have another disease of the kidney.



7 in 10 from Diabetes

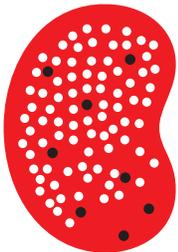


1 in 10 from High Blood Pressure

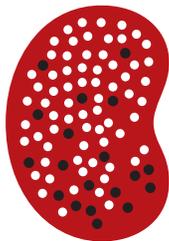


2 in 10 from Other reasons

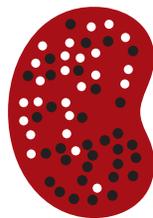
Stages of disease: healthy kidney to dead kidney



Stage 1
eGFR More than 90



Stage 2
eGFR 60-89



Stage 3
eGFR 30-59



Stage 4
eGFR 15-29



Stage 5
eGFR Under 15
or on dialysis

How to tell if you have kidney disease

Chronic kidney disease is called a 'silent disease' because people only feel sick when their kidneys have nearly stopped working altogether.

The changes to your body are very general and may be caused by other illnesses.



The changes will get worse as the kidney gets sicker



The changes include;

- high blood pressure
- changes in the amount and number of times you go for wee and/or changes in the appearance of your urine (wee) (for example, frothy or foaming urine)
- blood in your urine (wee)
- puffiness in your legs, ankles or around your eyes
- pain in your kidney area
- tiredness, loss of appetite
- can't sleep properly, headaches, lack of concentration
- itchy skin, hard to breathe, feel sick want to vomit
- bad breath and a metallic taste in the mouth
- muscle cramps, pins and needles in your fingers or toes.

The only way to keep an eye on the health of your kidneys is to get a kidney health check.

For more information about Kidney or Urinary health, please contact our free call Kidney Health Information Service (KHIS) on 1800 454 363.

Or visit our website kidney.org.au to access free health literature.

This is intended as a general introduction to this topic and is not meant to substitute for your doctor's or Health Professional's advice. All care is taken to ensure that the information is relevant to the reader and applicable to each state in Australia. It should be noted that Kidney Health Australia recognises that each person's experience is individual and that variations do occur in treatment and management due to personal circumstances, the health professional and the state one lives in. Should you require further information always consult your doctor or health professional.



If you have a **hearing or speech impairment**, contact the National Relay Service on **1800 555 677** or **relayservice.com.au**

For all types of services ask for 1800 454 363

Contact your doctor or Aboriginal Medical Service if you need more information.