

Kidney Stories

Living With Kidney Disease



Northern Territory
Renal Services

Kidney Stories

KIDNEY STORIES INCLUDES THE FOLLOWING RESOURCES



THE CHRONIC KIDNEY DISEASE BOOK

This book is intended as an education tool for both health workers and patients. It contains detailed and comprehensive information about CKD conditions and treatments. It is designed primarily to be used electronically (PDF document), with the intention to form the basis of a script for an audio visual (DVD) resource.



THE WORK OF YOUR KIDNEYS & WHEN YOUR KIDNEYS GET SICK



LIVING WITH KIDNEY DISEASE



MAKING A PLAN & PALLIATIVE CARE

These books are intended as a tools for health workers and renal nurses to educate patients.



DIET AND KIDNEY DISEASE



TREATMENT OPTIONS - PERITONEAL DIALYSIS

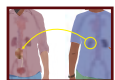


TREATMENT OPTIONS - HAEMODIALYSIS



ACCESS - FISTULA AND CATHETER

These books are intended as tools for renal nurses and dietitians to educate patients.



TRANSPLANT BOOKS 1 - 4

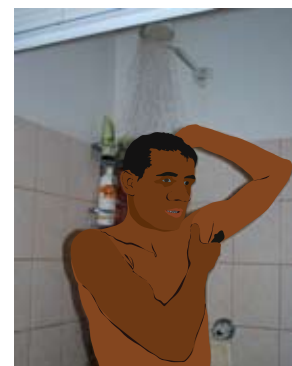
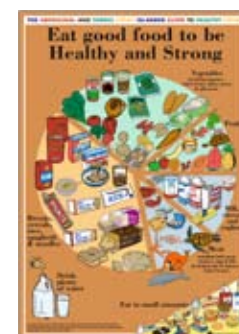
These books are intended as a resource for transplant nurses to educate patients.

Aboriginal and Torres Strait Islander people are advised that these resources contain illustrations that may have a resemblance to deceased people.

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Living With Kidney Disease

If you have kidney disease the choices you make about the way you live can make a big difference to how slowly or how quickly your kidneys get sicker. These are the life choices that will help you:



Living With Kidney Disease

- Taking your medicines.



Living With Kidney Disease

Blood pressure tablets
Ramipril & Perindopril



Blood pressure medicines balance your blood pressure and can slow down your kidney sickness.

They should be taken every day.

Anaemia injections
Iron & Erythropoietin (EPO)



Red blood cells are the part of your blood that carry oxygen around your body. Having kidney disease stops your kidney from producing a hormone called 'erythropoietin'. This stops your body from making red blood cells. Taking iron and EPO helps your body to make more red blood cells.

These medicines are given by an injection.

Calcium tablets



You need calcium to keep your bones strong. Having kidney disease stops your kidneys from filtering the waste parts of your blood. The build up of one type of waste 'phosphate' stops your body from having enough calcium. Taking calcium tablets each time you eat can stop the phosphate from staying inside your body.

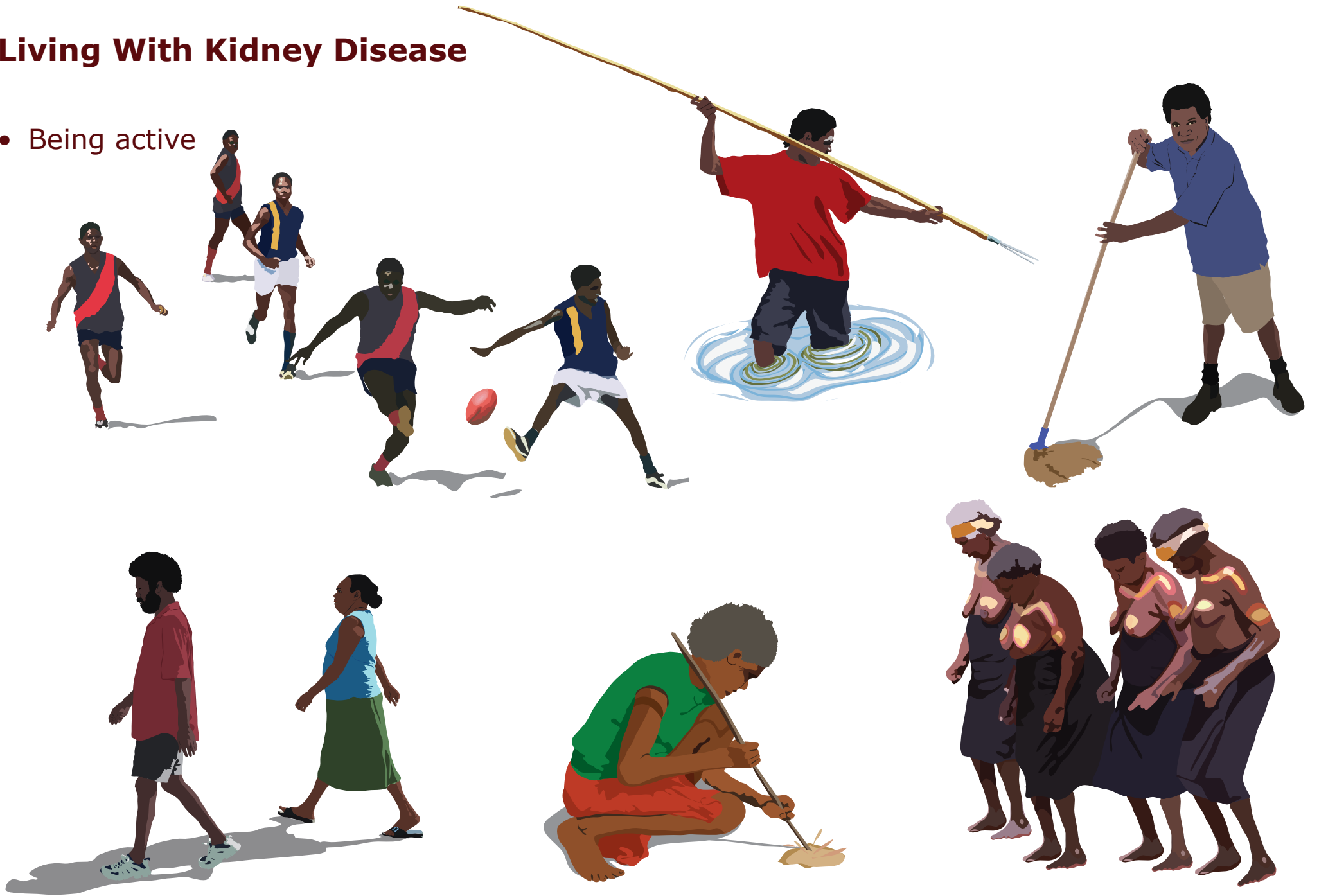
Living With Kidney Disease

- Not smoking



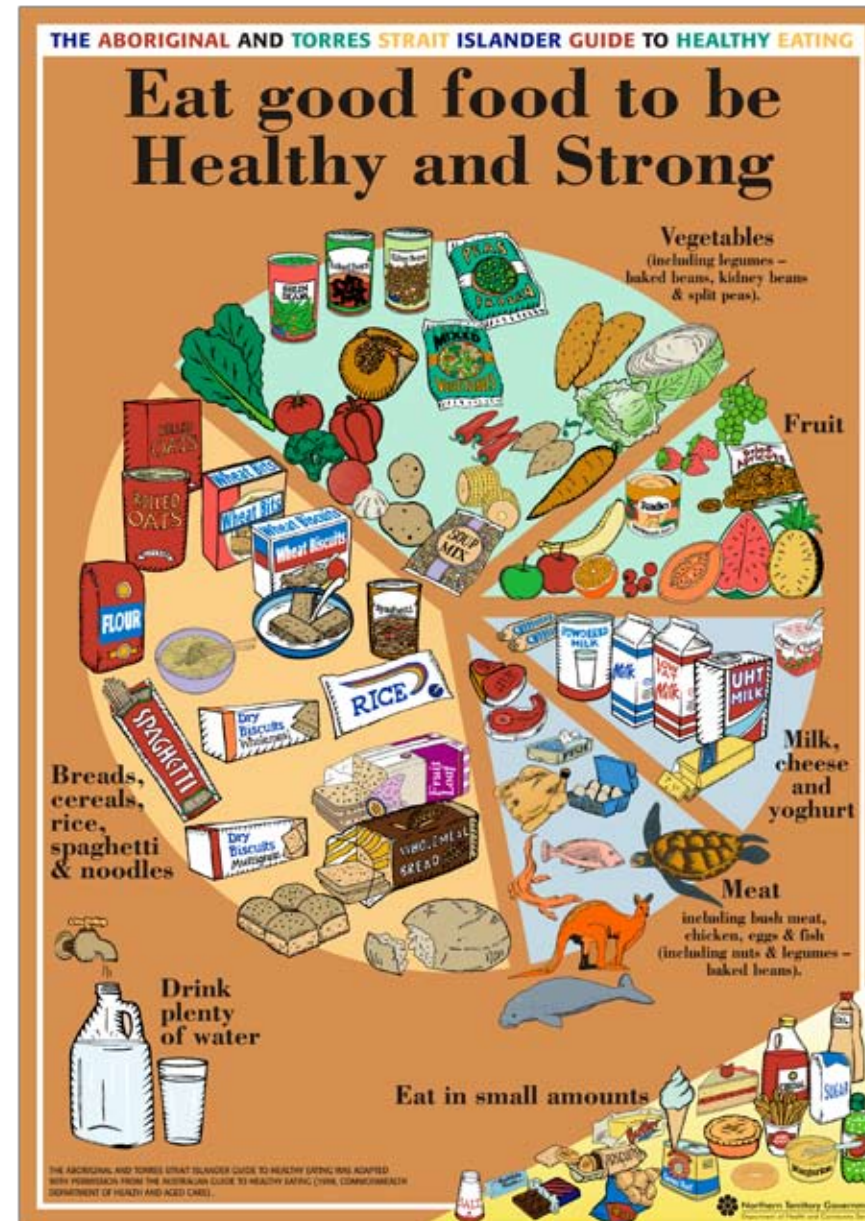
Living With Kidney Disease

- Being active



Living With Kidney Disease

- Eating good food



Living With Kidney Disease

- Drinking water



Living With Kidney Disease

- Being a good body weight



Living With Kidney Disease

- Keeping clean



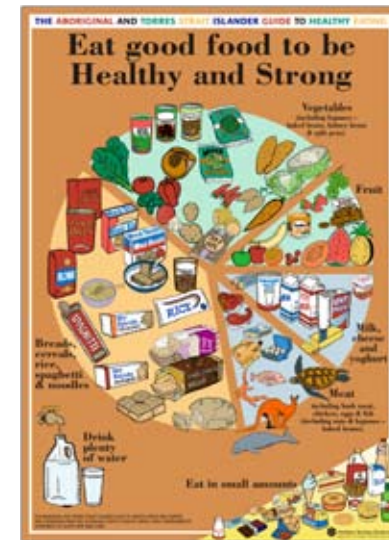
Living With Kidney Disease

- Not drinking too much alcohol



Living With Kidney Disease

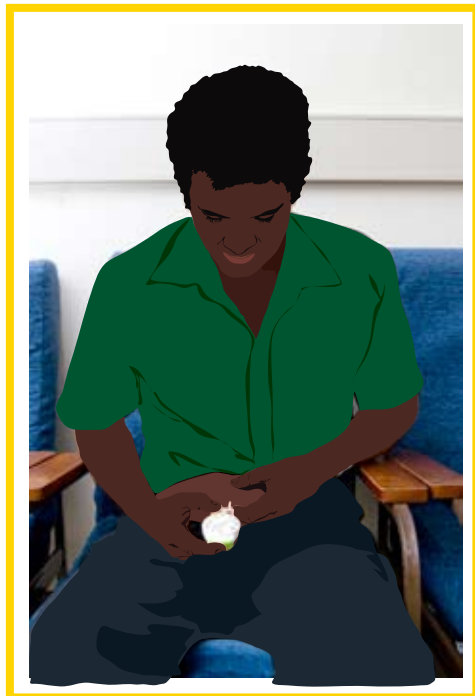
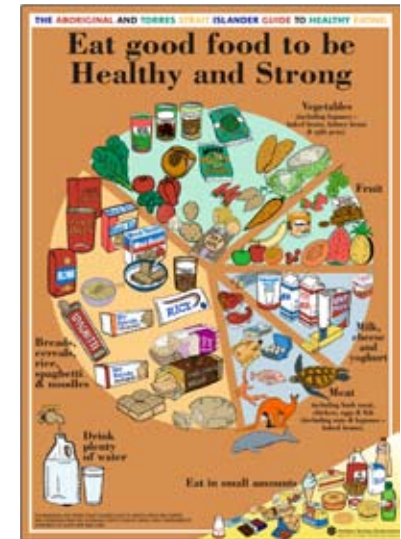
Take care of your blood pressure:



- Blood pressure that is too high or too low is bad for your kidneys.
- A good blood pressure is 120/80.

Living With Kidney Disease

Take care of your diabetes:

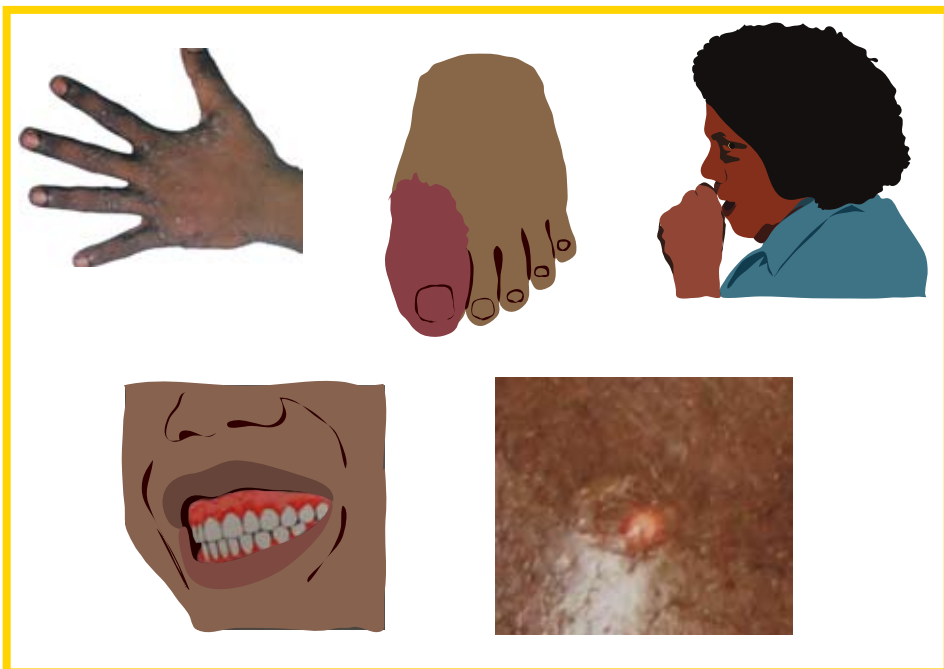
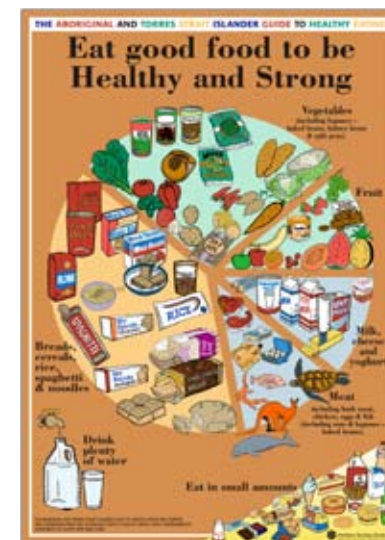
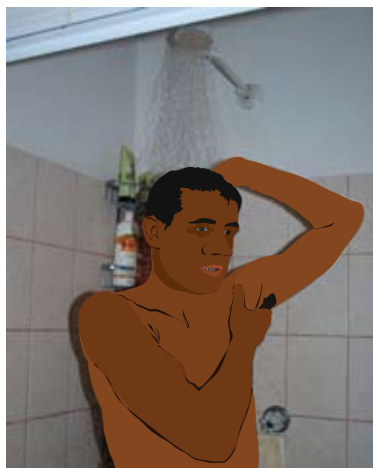


- Having high sugar levels in your blood can make your kidneys disease worse.
- A good sugar level is less than 8 during the day and less than 5.5 before breakfast.



Living With Kidney Disease

Take care of sores:



Treat sores and infections early.

Living With Kidney Disease



Regular health clinic check ups.

Living With Kidney Disease

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



- Dental clinic



- Feet clinic



- Woman's clinic

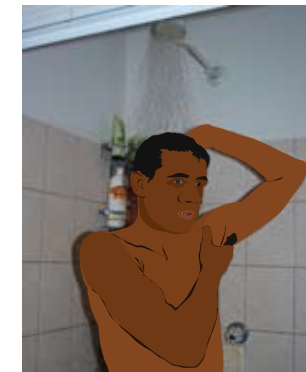
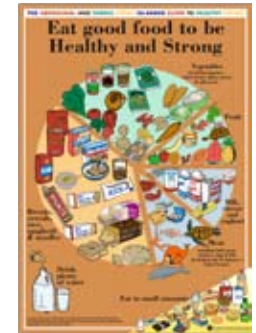


- Men's clinic

Living With Kidney Disease

Regular health clinic visits will help you to:

- manage your kidney disease
- learn about good life choices
- learn about your medicines



These life choices and medicines will not fix your kidneys but they will help you feel better. They may also help you to stay off dialysis.

Living With Kidney Disease

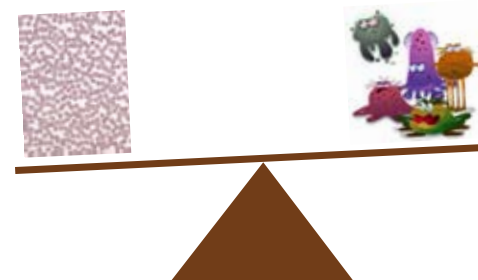
By managing your kidney disease with the help of the health workers and your family, you can slow it down.



Your kidneys will continue to do some of the work of:



- cleaning the waste from your blood



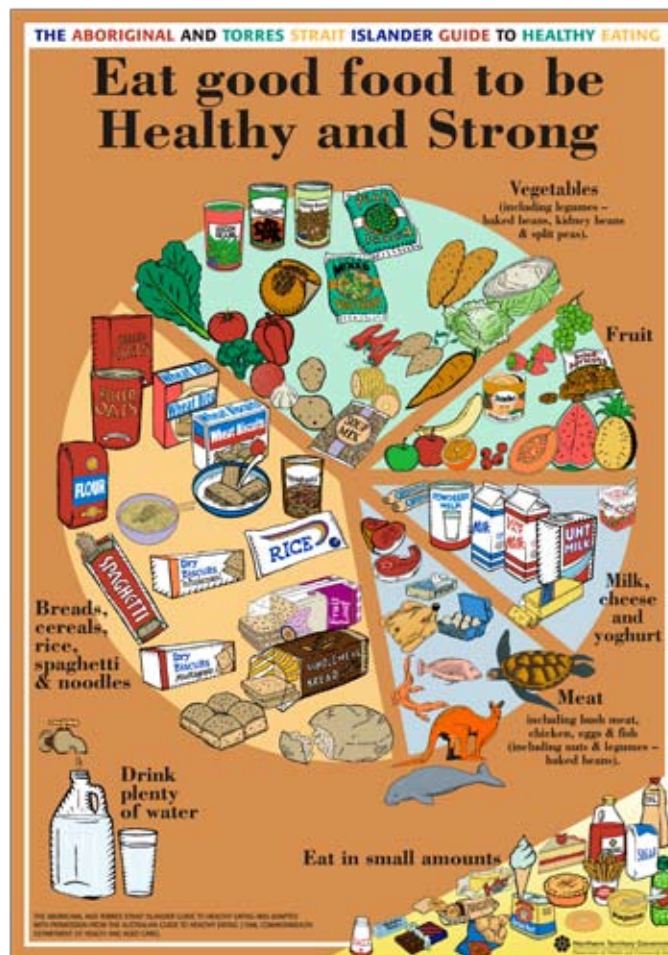
- balancing the good and waste parts of your blood



- making hormones that keep your blood, bones and blood pressure healthy

Kidney Stories

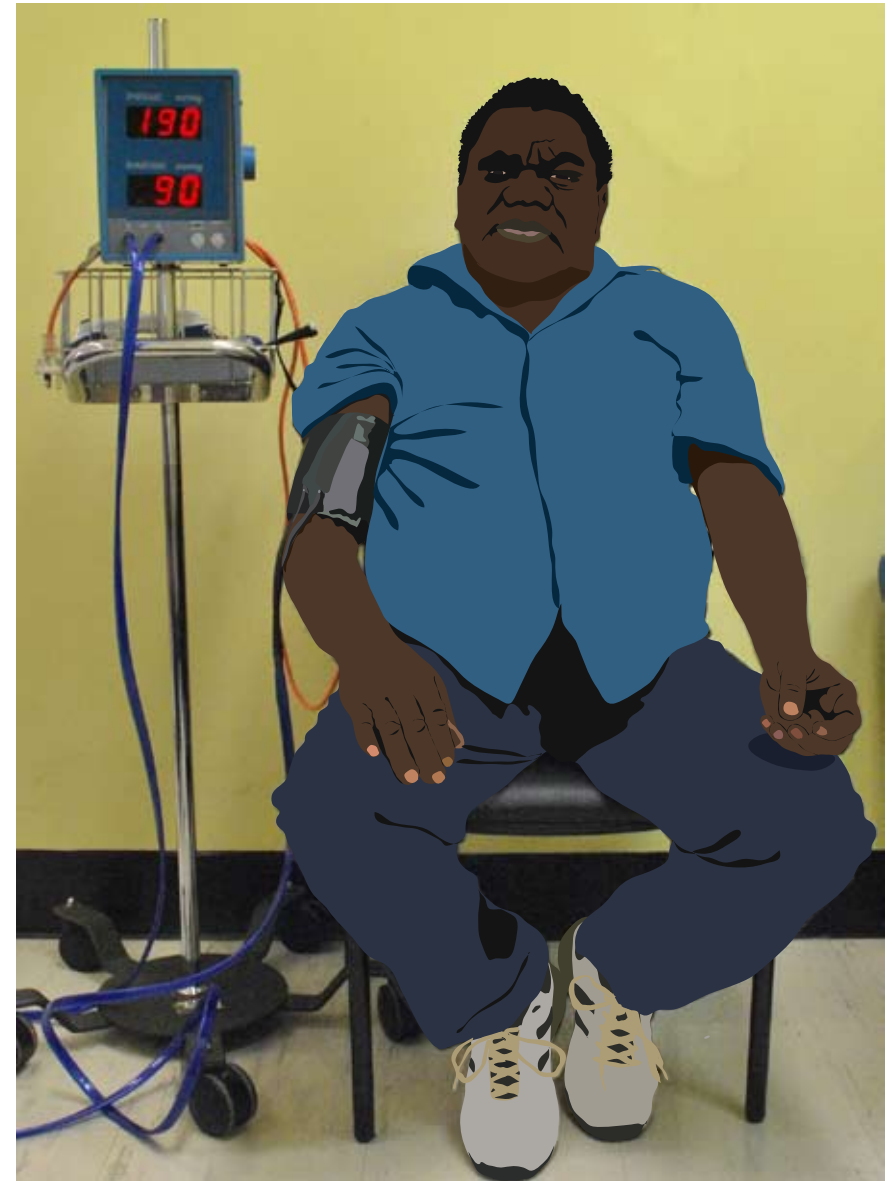
Diet and Kidney Disease



Diet and Kidney Disease

When you have kidney disease, salt in the food you eat is a problem because it can give you high blood pressure.

High blood pressure can make your kidney disease worse.



Diet and Kidney Disease



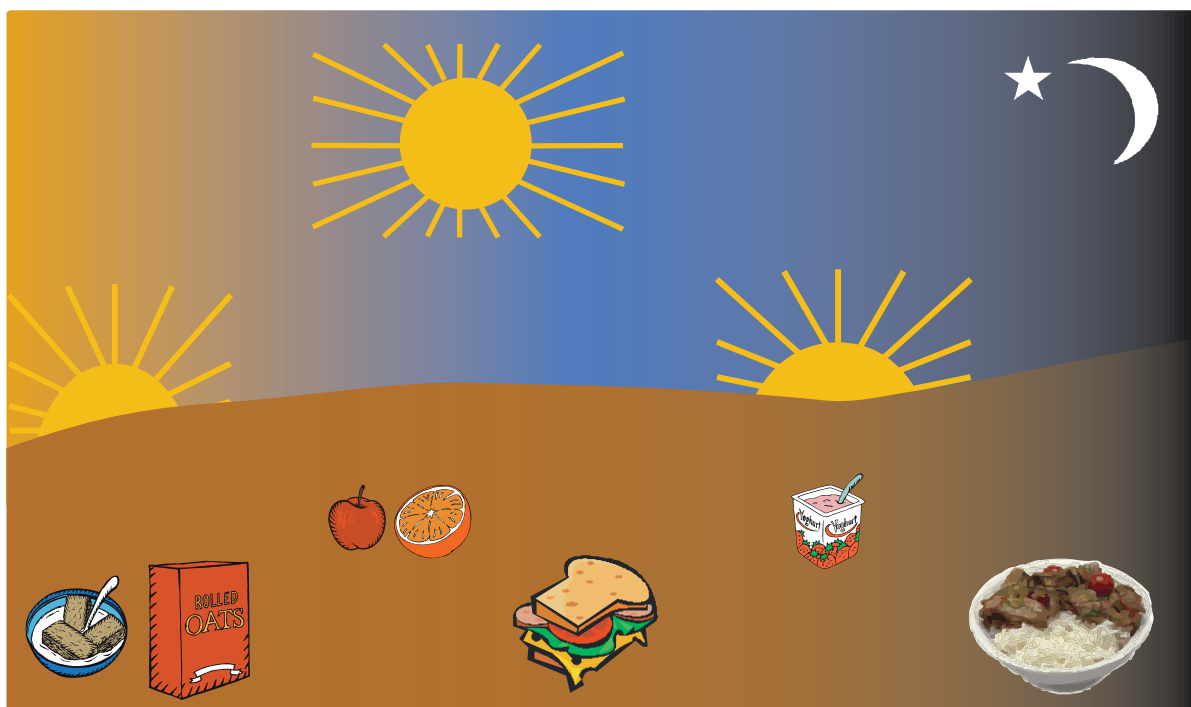
Look for food in the shops that has 'no added salt' or 'unsalted' label.



When you cook use herbs and spices to make food taste better.



Diet and Kidney Disease



Eating breakfast, lunch and dinner can help keep your energy up and your weight healthy.

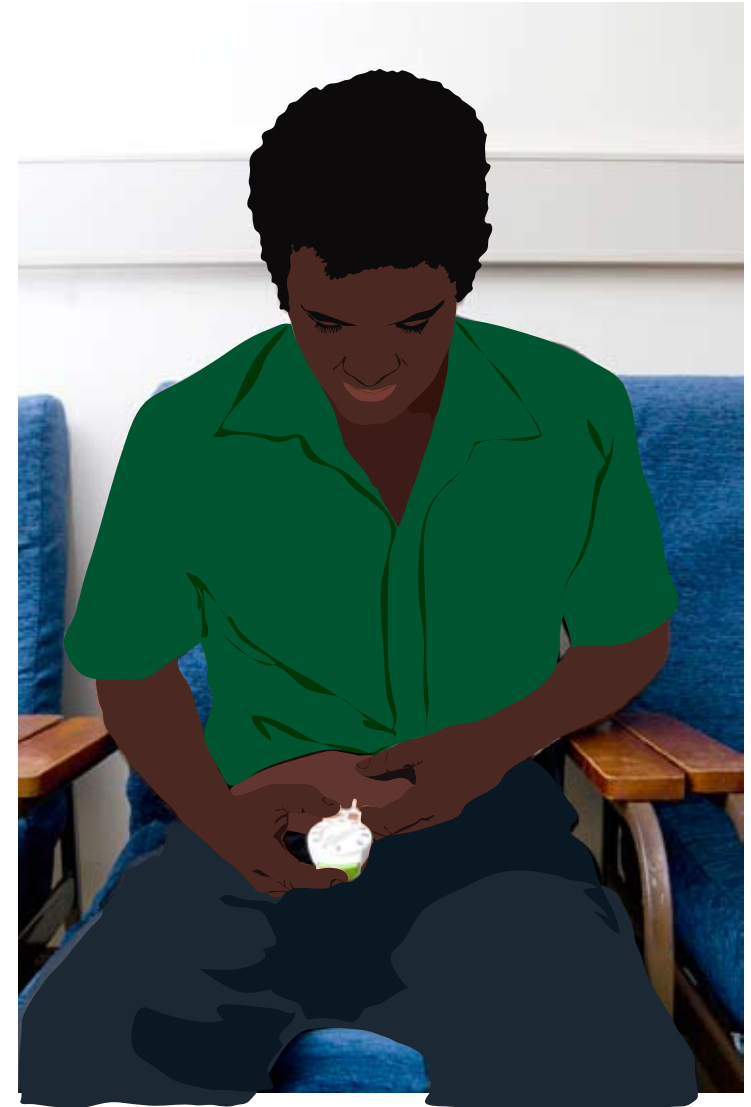
If you miss meals you may run out of energy and get a headache, or feel tired and cranky.



Diet and Kidney Disease

If you have diabetes it is important to eat a few times a day to keep your energy levels even.

Don't add sugar to your tea and stay away from sweet foods .



Diet and Kidney Disease

Bush tucker is best.



Diet and Kidney Disease

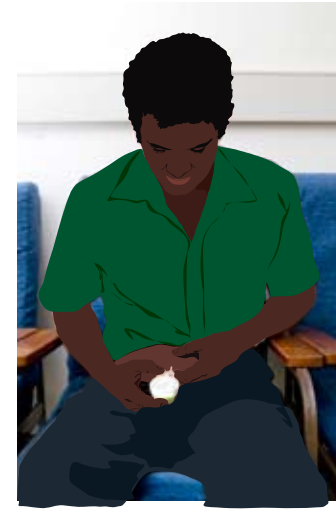
Being active will help to slow your kidney disease by:



Keeping your blood pressure normal and your heart healthy



Using up extra energy to keep your weight healthy



Keeping your blood sugar normal



There are many ways to be active:



Walking everywhere rather than a bus or taxi



Going bush tucker hunting

Cleaning the house



Diet and Kidney Disease

Hunting, fishing and gathering your own food keeps you fit and healthy.



Diet and Kidney Disease



Fast foods are foods that are ready to eat or only need heating. These foods are high in fat, salt and sugars and make you unhealthy.

Eat more natural foods like bush tucker.



Diet and Kidney Disease



As your kidneys get sicker there are more foods that you need to eat less of.

Knowing how much you can eat of certain foods can get complicated and you need the right advice.

The kidney dietitian can help you understand how to slow down your kidney disease by eating the right foods and by not drinking too much tea, water and other fluids.

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Living with Kidney Disease

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