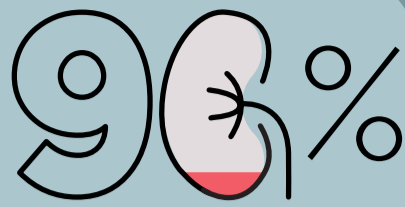


# Kidney Disease

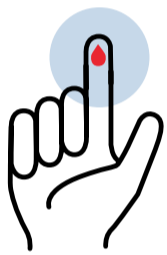
## Are you at risk?



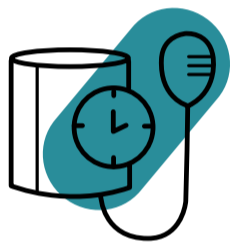
90% of kidney function can be lost without experiencing any symptoms



### 1. Do any of these apply to you?



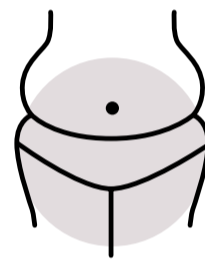
Diabetes



High blood pressure



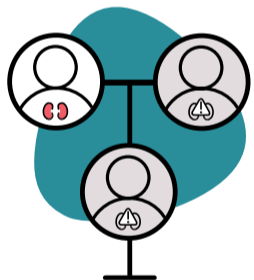
Current or former smoker



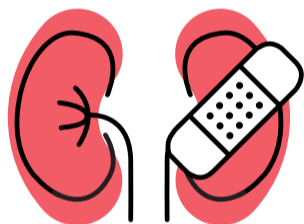
Very overweight or obese



Had a stroke, heart attack or have heart failure



Family history of kidney failure, dialysis or kidney transplant



History of an acute kidney injury



First Nations Australians 18 years and over



Over 60 years of age

### 2. Ask for a Kidney Health Check

If you said **YES** to any of the above, ask your GP for a **Kidney Health Check**



Blood pressure check

+



Urine test

+



Blood test

### 3. Connect with Kidney Health Australia

Freecall 1800 454 363  
[kidney.org.au](http://kidney.org.au)