23 May 2016

‘I Kidney Check’ for Kidney Health Week; do you?

It’s Kidney Health Week (22 – 28 May) and this year’s focus is on caring about your kidney health and thinking of the reasons why you check your kidneys: ‘I Kidney Check’.

Kidney disease can affect anyone. One Australian dies with kidney related disease every 25 minutes; that’s 16 times the road toll!

About 1.7 million Australians have indicators of chronic kidney disease, yet less than 10 per cent realise they have the condition.

The Sunshine Coast Hospital and Health Service is urging residents to get to know their body’s unsung heroes and regularly get their kidneys checked.

Director of Renal Services Associate Professor Nicholas Gray said most people were largely unaware of the critical role the kidneys played in keeping the body healthy and the crucial need for those at risk to get their kidneys checked every 12 months.

“I Kidney Check because early detection can prevent complications and allow a normal lifestyle,” A/Prof Gray said.

“Prevention and early detection are vital. The good news is that if kidney disease is found early, medication, dietary and lifestyle changes can increase the life of your kidneys and keep you feeling your best for as long as possible.

“I urge people to learn about the risk factors and warning signs before it is too late and they need dialysis or a kidney transplant.

“Those most at risk are aged over 60, smokers and those with diabetes, high blood pressure, obesity or a family history, as well as Aboriginal and Torres Strait Islanders.

“I would encourage anyone with a risk factor for kidney disease to be checked by their G.P. The check is simple and involves a blood pressure measurement, blood test and urine test.

“In the Sunshine Coast and Gympie region we currently treat about 160 people with dialysis and another 170 rely on a kidney transplant. We regularly see more than 500 different patients each year with chronic kidney disease not yet on dialysis, and many more are managed in the community,” he said.

For more information about Kidney Health Week, visit www.kidney.org.au

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