

Media statement

5 March 2018

World Kidney Day 2018

Kidneys and Women's Health: Include, Value, Empower

This year the 13th World Kidney Day falls on the same date as International Women's Day. This has provided the opportunity to focus on women and kidney health. Compared with men, women are at increased risk of autoimmune conditions, urinary infections, and pregnancy related kidney disease.

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 one in three people living in Australia is at increased risk of kidney disease, and 90% of kidney function can be lost without experiencing any symptoms.

"Most people are unaware of the critical role the kidneys play in keeping the body healthy and the crucial need for those at risk to get their kidneys checked every 12 months," 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 190 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.

Media Conference

Tuesday 6 March 2017, 10am

Renal ward – Nambour General Hospital

Meet at front reception volunteers desk

For more information about Kidney Health Week, visit <http://kidney.org.au/kidney-health-week>

Sunshine Coast

Hospital and Health Service

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