



Are you 1 in 3? Ask your GP.

**Wee Week
28 May – 3 June 2006**

Did you know that one in three Australians is at increased risk of developing kidney disease?

The risk of kidney disease increases if you:

- have diabetes
- have high blood pressure (hypertension)
- are over 50 years of age
- have a family history of kidney disease
- are of Aboriginal or Torres Strait Islander descent
- smoke
- are obese

If you have one or more of these factors, ask your doctor to do a kidney health check. This can include:

- urine test
- blood pressure test
- blood test
- health lifestyle assessment, including diet and exercise plan

If kidney disease is detected and treated early, you can double the life of your kidneys.

Visit your doctor today for more kidney health advice or visit www.kidney.org.au

Kidney Health Information Service 1800 682 531 (freecall) or TTY 1800 005 881