

Healthy Kidneys Education Project

FILTER YOUR FUTURE
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MY KIDNEYS DO MANY IMPORTANT THINGS FOR MY BODY AND MY HEALTH

- ✓ Clean my blood
- ✓ Make 'wee' (urine) to get rid of the waste and extra water
- ✓ Work all the time
- ✓ Maintain the correct amount of fluid in the body
- ✓ Control my blood pressure and tell my heart how hard to pump
- ✓ Make red blood cells
- ✓ Produce vitamin D which helps my body absorb calcium for strong healthy bones and teeth

"Filter filter all day long Filter filter singing this song"
 Filter filter now I know...
 Amazing kidneys run the show"

MY BRAIN MY CHOICE

BRAIN My brain chooses what I eat and drink

TEETH + GUMS My clean healthy teeth are important for my overall health. Unhealthy gums and teeth can lead to heart and kidney disease

HEART My strong healthy heart pumps my blood all around my body and back again. This is called circulation. It is important for my heart to be healthy because it keeps me alive

KIDNEYS I have 2 healthy kidneys. Each kidney has one million filters. The blood is cleaned and filtered by my kidneys. The good nutrients stay in my blood and the waste is filtered out into the 'wee'. This is called filtration. My kidneys are amazing and keep me alive

DRINKING A FIZZY CAN REALLY COST YOU!

If I drink one 600ml bottle of soft drink every day for one year = **SUGAR 23KG** = **\$1,000**

It would cost more than \$1,000. What else could I do with that money? Perhaps a holiday?



x16
TEASPOONS OF SUGAR IN ONE 600ML BOTTLE OF SOFT DRINK

DRINKS	TEASPOONS OF SUGAR
One 600ml bottle of soft drink	16
One 600ml bottle of sports drink	9
One 1100ml slushy	25
One 250ml energy drink	7
One 2 litre bottle of water	0



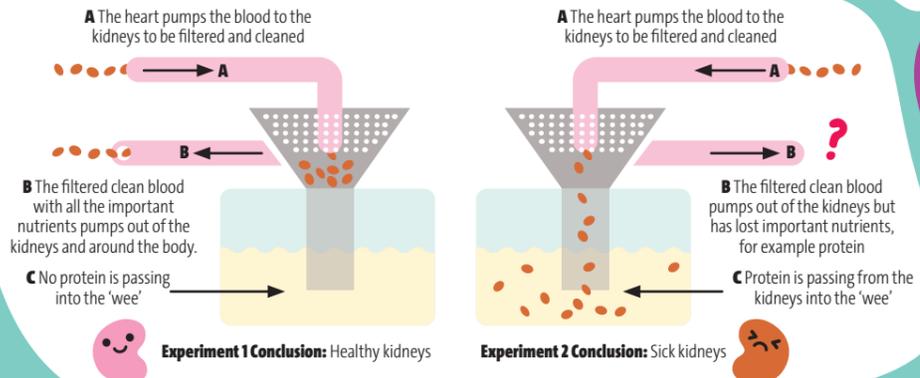
WHAT MAKES KIDNEYS STOP WORKING?

If the kidneys get very sick they can stop working completely and all the work the kidneys do stops (this is kidney failure)

- ✓ Type 2 diabetes
- ✓ High blood pressure
- ✓ Cardiovascular Disease
- ✓ Stroke
- ✓ Not exercising
- ✓ Being overweight
- ✓ Smoking

THE HEALTHY OR SICK KIDNEYS EXPERIMENT

AIM: To illustrate filtration in the kidneys
METHOD: Water with dried beans (the nutrients) is passed through a large sieve into a clear plastic container



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The colour of 'wee'

The colour of my 'wee' tells me if I am hydrated and have had enough water to drink

PALE YELLOW
 ✓ Healthy hydration Shows I am drinking the correct amount of water

DARK YELLOW
 ⚠ I am a bit dehydrated I need to drink water now

ORANGE/BROWN
 ⚠ I am very dehydrated I should drink water straight away*

* See your Doctor if the colour does not improve

HYDRATION AND DEHYDRATION

The healthiest and best drink for my body is **WATER**. It is free from the tap or the tank. My body is made up of lots of water (60%) when I am hydrated. When I don't drink enough water I become dehydrated. Hydration means drinking enough water to feel well and to be able to be active and concentrate. It is important to drink water before and after physical exercise and sport.



KEEPING MY KIDNEYS HEALTHY

DAMIEN THE DIALYSIS DUDE IS AMAZING!

A dialysis machine like Damien the Dialysis Dude helps people whose kidneys have failed to stay alive. The machine cleans and filters the blood and makes 'wee' just like healthy kidneys do.



This is Amanda on Dialysis

People like Amanda go on a dialysis machine for **3 days a week 5 hours a day to stay alive**. Damien the Dialysis Dude and all the other dialysis machines are 'life saving machines'.

Shoestring magazine to share ideas and keep in touch

Welcomes people who are on dialysis or who have had a transplant

Support each other

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D.A.T.A.
 Dialysis and Transplant Association of Victoria Inc.

DATA members and Committee of Management members are all volunteers

Sponsors education in primary schools for awareness and prevention of chronic disease:
 ✓ Kidney disease
 ✓ Type 2 diabetes
 ✓ High blood pressure
 ✓ Cardiovascular disease

Holiday house in Rosebud & Yarrowonga

Education Awards to encourage future academic achievement if a child or their parent has kidney disease*
 * Contact D.A.T.A. for application form

Information about:
 ✓ Kidney disease
 ✓ Dialysis
 ✓ Transplants

If you know someone on dialysis or who has had a transplant who might like a holiday please give them the D.A.T.A. Vic contact details

www.datavic.org info@datavic.org (03) 9894 0377

D.A.T.A. HAS FUNDED THE HEALTHY KIDNEYS EDUCATION PROJECT

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