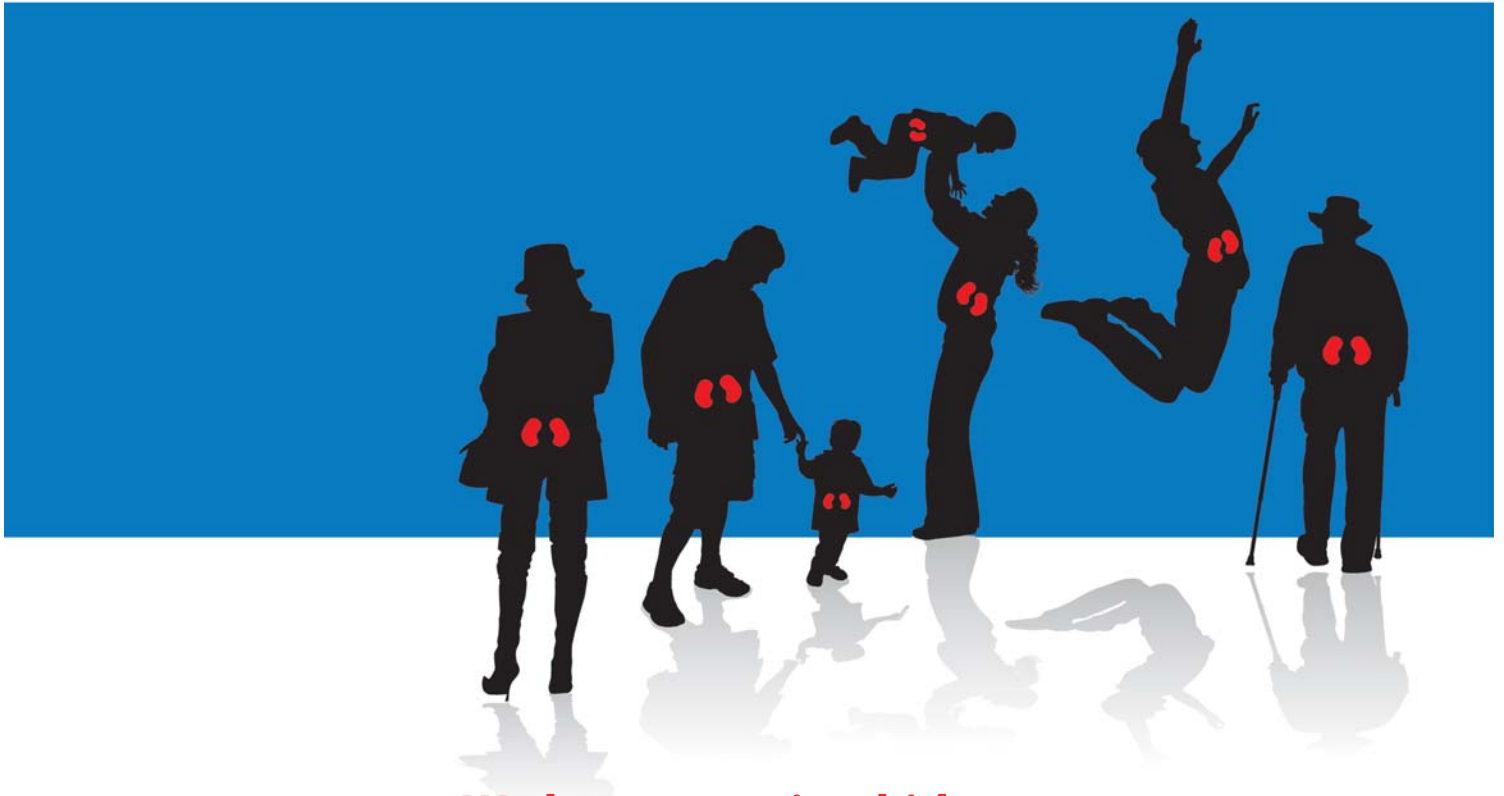


Amazing Kidneys!

Are yours OK?



We have amazing kidneys

We have amazing kidneys - Kidneys are essential for good health. The main job of our kidneys is to remove toxins and excess water from our blood. Kidneys also help to control our blood pressure, to produce red blood cells and to keep our bones healthy.



www.worldkidneyday.org

Did you know?

- Diabetes is the commonest cause of Kidney Disease in New Zealand
- Maori and Pacific people with diabetes have an increased risk of kidney failure
- Early detection and treatment of diabetic kidney disease can prevent or slow the progression of kidney disease
- Excellent blood pressure and blood sugar control reduces the complications of diabetes, including kidney disease.

kidney Health
NEW ZEALAND



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www.kidneys.co.nz