

VIBE ACTIVITIES

Healthy Body – *Be kind to your kidneys* page 24

HEALTHY VIBE

HEALTHY BODY

BE KIND TO YOUR KIDNEYS



INDIGENOUS AUSTRALIANS ARE SUFFERING FROM "THE SILENT KILLER": CHRONIC KIDNEY DISEASE. WE ARE ALSO MISSING OUT ON TRANSPLANTS AND ARE MORE LIKELY TO BE PUT ON DIALYSIS A NEW REPORT SAYS.

The Australian Institute of Health and Welfare (AIHW) released the report on kidney disease in Indigenous people on 16 September.

Chronic kidney disease is called "the silent killer" because 90 per cent of kidney function can be lost before symptoms appear.

What are the kidneys?

The kidneys are the body's little battlers. They're small – roughly the size of a clenched fist – but what they lack in size, they make up for in stamina.

According to Kidney Health Australia, when it comes to keeping us healthy and keeping us alive, kidneys are just as important as the heart.

What do the kidneys do?

The kidneys are responsible for a whole range of important bodily functions. They control blood pressure, produce red blood cells, remove waste and excess fluids from the body, balance out minerals and keep our bones strong and healthy. The kidneys filter roughly 200 litres of blood – that's about 100 big bottles of milk – in just one day.

How do the kidneys work?

According to Kidney Health Australia, we can think of our kidneys as an "extremely sophisticated and environmentally friendly waste-disposal system, which

sorts non-recyclable waste from recyclable waste 24 hours a day, 7 days a week."

Waste is filtered out of the blood and removed from the body in the form of urine. The kidneys produce three essential hormones: erythropoietin, which is responsible for stimulating the production of red blood cells; renin, which helps in maintaining blood pressure levels; and active vitamin D, which keeps our bones healthy by regulating calcium uptake.

Maintaining kidney health

Our kidneys are resilient organs – they can continue to function with only 20 per cent of their normal working capacity. People can live a perfectly healthy life with only one functioning kidney.

Kidney disease is a serious and life-threatening illness, and about one-third of Australians are said to have, or be at risk of getting, kidney disease.

When left undetected, the damage caused is often irreversible. At this stage, treatment options are limited to a life-long program of repeated dialysis, where the blood is filtered out of the body and through a machine – or a kidney transplant. The good news is that kidney disease is largely preventable.

Healthy lifestyle = healthy kidneys

Maintaining a healthy lifestyle is the key to maintaining healthy kidneys. Obesity, smoking, excessive alcohol consumption, high cholesterol and high blood pressure can all put you at increased risk of developing kidney disease.

Managing these factors can reduce susceptibility to kidney disease, even among those with associated risk factors, such as a family history of kidney disease or diabetes.

Get more information

There are many programs available in your state and territory to help raise awareness about kidney disease across Australia. The Western Desert Kidney Health Project is one such organisation, aiming to reduce the incidence of kidney disease in Indigenous communities in the Western desert area of Western Australia.

Jump onto Australian IndigenousInfoNet at www.healthinfonet.ecu.edu.au and click on the 'Programs and projects' button (under Key Resources) to find more info or similar programs in your area.

For more information on kidney disease, treatment or how to keep your kidneys healthy, check out Kidney Health Australia's website at www.kidney.org.au

Kidney disease facts

* 12 per cent of Indigenous people with end-stage kidney disease have transplants, compared to 45 per cent of non-Indigenous people with the same condition.

* Aboriginal people are four times more likely to die of chronic kidney disease than other Australians.

* Poor diet, physical inactivity, smoking, low birth weight and kidney infections are some of the lifestyle risk factors associated with chronic kidney disease.



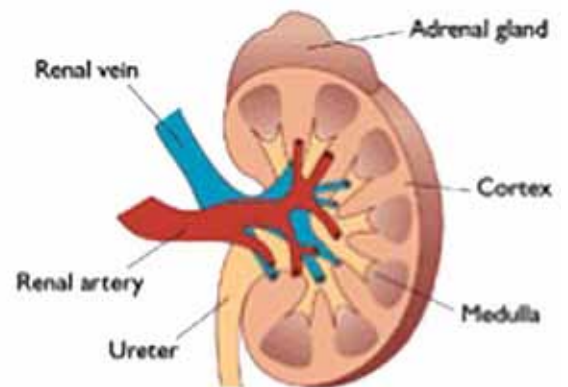
READ *Be kind to your kidneys* on page 24

ACTIVITY 1

BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

Diagram of Kidney



There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 The text box at the bottom right corner of the page tells us that

Shade one bubble.

- ☐ a lot more Indigenous than non-Indigenous people have kidney transplants.
- ☐ Indigenous people are less likely to die from kidney disease than other Australians.
- ☐ lifestyle factors do not affect our kidneys.
- ☐ 12% of Indigenous people in Australia with end-stage kidney disease have kidney transplants compared with 45% of other Australians with the same condition. (inferred)

2 Which of these is **not** true?

- ☐ 90% of our kidney function can be lost without showing any symptoms.
- ☐ Kidneys are the largest organ in the human body.
- ☐ Kidneys are as important as the heart in keeping us healthy.
- ☐ Kidneys control our blood pressure. (inferred)

3 The text tells us that the kidneys filter roughly 200 litres of blood every day. In this sentence, 'roughly' means

- ☐ it happens very quickly.
- ☐ approximately
- ☐ it is a tough job for the kidneys.
- ☐ exactly

Shade one bubble.

(inferred)

4 People can live with only one kidney.

- ☐ TRUE
- ☐ FALSE

5 According to the text, what are some of the lifestyle choices we can make which will keep our kidneys healthy?

(inferred)

Write your answer on the lines.

6 The way this text is written leads the reader to

- ☐ want to have a kidney transplant.
- ☐ think about the health problems that may come from not looking after our kidneys and overall health.
- ☐ become a renal doctor.
- ☐ understand how the kidneys work.

Shade one bubble.

(applied)

7 According to the text, where can we find out more about kidney disease and the Australian projects that are researching kidney disease?

(inferred)

Write your answer on the lines.

ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

- 1** The spelling mistakes in these sentences have been underlined.
Write the correct spelling for each word in the box.

How well do you look after your kidnies?

Many Indigenous people have kronic kidney disease.

Kidneys help to remove waste from our bodeys.

Write
your answer
in the box.

- 2** Each sentence has one word that is incorrect.
Write the correct spelling of the word in the box.

Kidneys are like a waist disposal system for the body.

Kidneys produce a number of hormoans.

Kidney disease is mostly preventible.



ACTIVITY 3

LANGUAGE CONVENTIONS - GRAMMAR

- 1** Which word correctly completes the sentence?

There are many _____ available to raise awareness about kidney disease.

- ☐ program
☐ programming
☐ programs
☐ programmed

Shade
one bubble.

2 Which word or words does *they're* refer to in this sentence?

The kidneys are the body's little battlers – they're small but they work hard.

- ☐ the body
- ☐ the kidneys
- ☐ our heart
- ☐ a clenched fist



3 Which words correctly complete this sentence?

About one-third of Australians are said to have, _____, kidney disease.

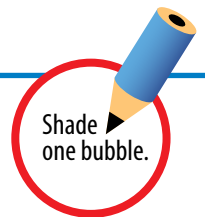
- ☐ informed about
- ☐ or be at risk of having
- ☐ painful serious
- ☐ while undetected

ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION

1 Some commas (,) have been left out of this sentence. Which sentence has the commas in the correct place?

- ☐ Poor diet, physical inactivity, smoking, low birth rate and kidney infections are some risks linked to kidney disease.
- ☐ Poor diet physical inactivity smoking low birth rate, and kidney infections are some risks linked to kidney disease.
- ☐ Poor diet, physical inactivity, smoking low birth rate and kidney infections, are some risks, linked to kidney disease.
- ☐ Poor diet physical inactivity smoking low birth rate and kidney infections, are some risks, linked to kidney disease.



2 Which sentence has the apostrophe (') in the correct place?

- ☐ Our kidney's are quite small.
- ☐ The kidneys are the body's hard workers.
- ☐ If yo're not looking after your diet, you could damage your kidneys.
- ☐ D'ont leave it too long to have your kidneys checked.

ACTIVITY 5

WRITING A NARRATIVE



Write
your ideas
on paper.

The purpose of a **Narrative** is for the central characters to resolve a complication, so its stages include **Orientation**, **Complication** and **Resolution**. There is also usually an **Evaluation** following the Complication, that expresses the characters' feelings about what has happened.

Genre	Social purpose	Stages	Phases
Narrative	to engage the reader in a story to amuse or inform the reader	Orientation	setting description
		Complication	problem sequence of events
		Evaluation	reaction
		Resolution	solution

Imagine you are a kidney. Write about one day in your life.

What are some of the things you do every day?

What are some of the dangers to your health?

Think about:

- researching the function of the kidneys, so you have some factual information to support your ideas.

Remember to:

- research your topic and plan your writing before you start.
- write in first person ("I", "me").
- include a Complication, or problem to be solved.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.