



Department of Health
Government of **Western Australia**
South Metropolitan Area Health Service

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World Kidney Day at Fremantle Hospital

Fremantle Hospital Renal patient Susan Hill knows all about dialysis and renal transplants.

Her mother was on dialysis for several years and ended up having a kidney transplant. Susan and her siblings all have inherited kidney problems.

So far though Susan and her siblings have all stayed well and have not required dialysis or kidney transplant mainly by adopting a healthier lifestyle and seeking preventative medical help.

For Susan this has meant bringing her blood pressure and Diabetes under control with medication, improving her diet and increasing her exercise regime.

"I feel healthy and well and would encourage anyone in a similar situation to keep in regular touch with their GP and adopt a healthier lifestyle," Susan said.

This year's message for World Kidney Day* is centred around preventing Chronic Kidney Disease (CKD) by staying fit and healthy with a good diet, regular exercise, control of other medical conditions such as Diabetes and Hypertension and regular check ups with a GP and renal specialist.

"World Kidney Day is an excellent opportunity to take control of your own health," Susan said.

Fremantle Hospital Renal Physician Dr Jagadish Jamboti said Susan's positive approach to staying well was working in her favour.

"Susan has a good future ahead and so far she does not need dialysis. This is due to her positive approach to her health with regular check ups, a fitness plan and a healthy diet," Dr Jamboti said.

Dr Jamboti said it was very important for people with inherited renal conditions and people with obesity, diabetes, hypertension to be in good touch with their GPs in order to achieve excellent control who would refer them to specialists if necessary. Smokers should give up smoking to prevent ongoing injury to the kidneys.

**World Kidney Day is on Thursday 13 March.*

CAPTION: Patient Susan Hill has her blood pressure checked during a consultation with Renal Specialist Dr Jagadish Jamboti at Fremantle Hospital.

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