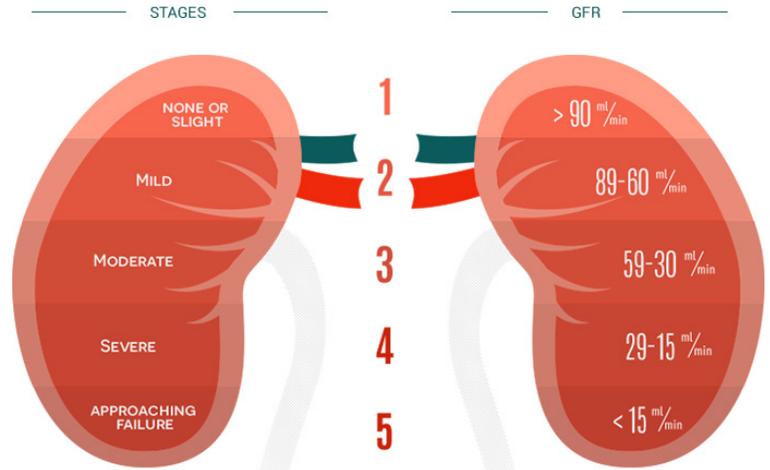


Your test shows
you are at:

HIGH RISK



This means your kidneys are having problems and you will need to see a kidney doctor to get health care for your kidneys. What can we do now?

Goal: Get kidney health care

1 You will have an appointment with a kidney doctor in the next few weeks.

You will meet with a kidney doctor and a kidney health care team and they will take a closer look at your kidney health. They will find out why your kidneys are having problems and see what we can do to keep them from getting sicker. They may talk to you about options for you if your kidneys start to not work. You will be given medication and a health-care plan for your kidneys.



2 We will send a letter to your doctor or nurse with your results and suggestions for health care treatments they can provide if needed.



3 You know your body best.

If you think something is changing or wrong – make sure to see a health-care provider.

4 Keep your kidneys healthy.

What are all the ways you already keep your kidneys healthy?
Is there another goal you want to work on to help your kidney health?

I already:

I want to:

<input type="checkbox"/>	Limit/Stop Smoking (Ask your doctor about medications to help you quit!)		<input type="checkbox"/>
<input type="checkbox"/>	Eat Lots of Healthy Foods		<input type="checkbox"/>
<input type="checkbox"/>	Be Physically Active		<input type="checkbox"/>
<input type="checkbox"/>	Limit/Stop Drinking Alcohol		<input type="checkbox"/>
<input type="checkbox"/>	Manage my Diabetes/Blood Sugar (Talk to your nurse or doctor if you need help.)		<input type="checkbox"/>
<input type="checkbox"/>	Maintain a Healthy Blood Pressure		<input type="checkbox"/>
<input type="checkbox"/>	Go for Yearly Check Ups & Ask About Blood Pressure and Kidney Function		<input type="checkbox"/>
<input type="checkbox"/>	Take Medications Only as Prescribed (Ask your pharmacist if medications you take affect your kidney health.)		<input type="checkbox"/>
<input type="checkbox"/>	Use the Safe/Recommended Amount of Medication (like Ibuprofen/Advil, Naproxen, etc.) & Ask Your Doctor About It		<input type="checkbox"/>
<input type="checkbox"/>	Find Healthy Ways to Cope with Stress or Depression (Talk to a health-care provider or family/friends if you are depressed.)		<input type="checkbox"/>
<input type="checkbox"/>	Get Enough Sleep		<input type="checkbox"/>

Need Help?

Talk to your doctor or health-care provider about support or medications that can help you with quitting smoking, managing blood sugar or managing blood pressure. You can also talk to your health-care provider or pharmacist about medications.

5 Who will help me? Community support/programs I can use:

Kidney Health Care Team (doctor, nurse, dietitian, pharmacist, etc)

Aboriginal Diabetes Initiative Worker

Community Health Worker or Health-Care Providers

Regional Health Authority Staff (Dietitians, Chronic Disease Education Program Nurses, Exercise Programs)

6 Stay Active.

Being active is a great way to help manage your body weight and can also be good for your mental and emotional health. What are some of the ways you already stay active? Are there more activities you want to do?

I already:

I want to:

Take Walks

Swim

Go Hunting or Fishing

Lift Weights

Play with Kids/Grandkids

Dance

Play Sports

?

?



7 Healthy Eating

Try to balance your meals by following the **Plate Method**
 Your plate should be: $\frac{1}{2}$ **vegetables**, $\frac{1}{4}$ **breads/grains**, $\frac{1}{4}$ **meat**



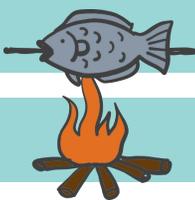
My favourite vegetables: _____

Favourite grains/breads/potatoes: _____

Favourite meats: _____

I already:

I want to:

<input type="checkbox"/>	Use Little or No Salt When Cooking		<input type="checkbox"/>
<input type="checkbox"/>	Eat Vegetables Every Meal		<input type="checkbox"/>
<input type="checkbox"/>	Drink Water Instead of Other Drinks		<input type="checkbox"/>
<input type="checkbox"/>	Cook at Home		<input type="checkbox"/>
<input type="checkbox"/>	Eat Together (Family Meals)		<input type="checkbox"/>
<input type="checkbox"/>	Eat Traditional Foods		<input type="checkbox"/>
<input type="checkbox"/>	Read Food Labels to Look for Lower Fat, Sugar and Salt Foods		<input type="checkbox"/>
<input type="checkbox"/>	_____	?	<input type="checkbox"/>
<input type="checkbox"/>	_____	?	<input type="checkbox"/>

If you had to set **ONE** healthy eating goal – what would it be? (e.g. eat more vegetables, use less table salt)

Snack Ideas

Keep some healthy snacks around the house!

- Try fresh, frozen or canned fruit (packed in water) with no added sugar
- Cucumber slice or celery sticks
- Yogurt or cottage cheese
- Pop some plain popcorn
- Slice of toast with peanut butter

