

Keep healthy and strong

- Eat more fresh vegetables, fruits, bush foods and less meat
- Quit smoking
- Cut down on grog



Health checks every 2 years

- Sugar diabetes and kidney disease can occur in young people
- Often, there are no symptoms that the body is sick
- Keep your health in check with tests for blood sugar, blood fats, and blood pressure and urine tests for kidneys
- Taking your medications can help you stay healthy and strong



The Darwin Region Urban Indigenous Diabetes (DRUID) study found

- People who did not have diabetes and had healthy kidneys were not likely to have a heart attack in the next 7 to 9 years
- Heart attacks can be prevented

Visit your health clinic or doctor today!

For more information about the DRUID study

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