

## 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

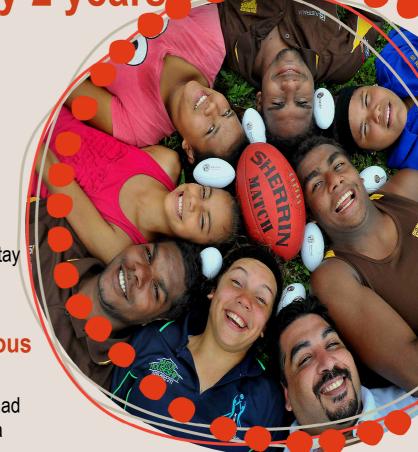
 Keep your health in check with tests for blood sugar, blood fats, and blood pressure and urine tests for kidneys

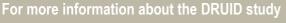
 Taking your medications can help you stay healthy and strong

## 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!





±lizabeth Barr

elizabeth.barr@menzies.edu.au

www.menzies.edu.au

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