



UNDERSTANDING YOUR KIDNEY HEALTH

Why these bean-shaped organs deserve attention

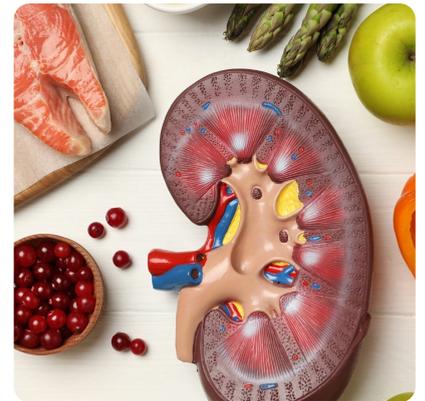
Your kidneys filter 200 liters of blood daily, yet 1 in 3 Australian adults is at increased risk of kidney disease — often without knowing it. The problem? Kidney disease shows no symptoms until up to 90% of function is already lost.

The numbers that matter:

- Blood pressure: Keep below 120/80 mmHg
- Blood sugar (fasting): Under 5.5 mmol/L
- eGFR (kidney function): Above 60 mL/min

Quick wins: Drink 6-8 glasses of water daily, limit salt and processed foods, exercise 30 minutes most days. Get kidney function tested annually if you have diabetes, high blood pressure, or family history.

[Check your risk factors →](#)



MEDICAL BREAKTHROUGHS THAT ACTUALLY MATTER

Medical science had a rough 2025 with budget cuts, but the breakthroughs kept coming.

Baby KJ became the first person to get a custom CRISPR gene edit designed just for him at Children's Hospital of Philadelphia — doctors spent 6 months creating a personalised fix for his rare enzyme deficiency.

The FDA approved **Yeztugo**, a twice-yearly HIV prevention shot that blocks nearly all transmission (no more daily pills).

Neffy brought the **first needle-free epinephrine** in 30+ years for kids with allergies. And the FDA has now cleared nearly 1,000 AI medical devices that are detecting diseases and adjusting treatments in real-time.

💡 *Bottom line: innovation doesn't stop, even when funding slows down!*

YOUR HEALTH

PRE-DIABETES IS REVERSIBLE — BUT ONLY IF YOU CATCH IT EARLY

Your body can be silently struggling with blood sugar for years before full diabetes hits. The damage is happening now, but here's the good news: Pre-diabetes can be reversed or put into remission with lifestyle changes. Wait too long? It becomes permanent.

Get tested if you:

- Are over 40 (or 30+ for Aboriginal/Torres Strait Islanders)
- Have a family history of diabetes
- Are overweight or inactive
- Had gestational diabetes

✅ **Quick wins:** Cut sugary drinks, add 30 minutes of walking daily, lose just 5% of body weight. Small changes = big impact.

SAVE YOUR \$\$\$ WITH A GP CARE PLAN

You're paying full price for physio — and you don't have to!

A GP Care Plan unlocks up to 5 Medicare-subsidised allied health visits per year (physio, dietitian, podiatry, exercise physiology). Without one? You're paying \$80-150 per session out of pocket.

Who's eligible: Anyone with a chronic condition (*diabetes, heart disease, asthma, arthritis*) that needs ongoing management for 6+ months. Takes one 30-minute GP appointment. Valid for 12 months.

MYTH BUSTERS

MYTH: You need 8 glasses of water daily

FACT: Water needs vary by activity, climate, and individual.

Listen to your body — thirst is your best guide.

? HEALTH QUIZ

How many minutes of exercise per week does the WHO recommend for adults?

1. 75 minutes
2. 150 minutes
3. 300 minutes

ANSWER (2)

HEALTH TIPS

ASK THE DOCTOR

"Do I really need to finish all my antibiotics if I feel better?"

Yes! Stopping early can cause bacteria to become resistant...

HEALTH REMINDERS

When was your last check?

- **Cholesterol:** Every 5 years
- **Skin check:** 6-12 months
- **BP:** Every 2 years