

## Rehabilitation, Aged and Community Care

# Advanced Kidney Disease Nutrition Clinics

Our nutrition clinics, run by a specialist dietitian, are available for people with Stage 4 or 5 kidney disease, who are 18 years and older

### The clinics provide nutrition advice to:

- Help prevent complications such as anaemia, poor intake of food and fluid, nausea and unintentional weight loss
- Help manage other conditions such as cardiovascular disease and diabetes
- Assist with managing fluid restrictions

### We also provide practical ideas on how to:

- Follow a healthy diet for kidney disease
- Reduce salt in your diet, and
- Read food packaging labels



For more information or to make a booking call Community Health Intake (CHI) on:  
**02 6207 9977**

#### Accessibility

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