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To:

A message from someone who cares about you.

National Kidney Disease Education Program
U.S. Department of Health and Human Services
National Institutes of Health
3 Kidney Information Way
Bethesda, MD 20892

Remember to T.E.S.T. Your Family Members

T Teach them that kidney disease runs in families.

E Encourage them to get tested for kidney disease.

S Support their efforts to control their diabetes and high blood pressure.

T Tell them where they can find more information.

NIDDK NKDEP

The National Kidney Disease Education Program is an initiative of the National Institutes of Health, U.S. Department of Health and Human Services.

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Help your family prevent kidney failure.

U.S. Department of
Health and Human Services

National Institutes of Health

Why should my family know about kidney disease?

Kidney disease runs in families. Even if only one person in a family has kidney failure, all blood relatives should be tested for kidney disease. With early treatment, kidney disease can be slowed and dialysis or a transplant may be avoided.

What should I tell my family about kidney disease?

Tell your family that:

- Diabetes and high blood pressure are the leading causes of kidney failure.
- Control of blood sugar and blood pressure may help the kidneys stay healthy.
- They should get tested for kidney disease because it runs in families.

How can I help my family prevent kidney failure?

Tell your family members to talk to their doctors about getting tested for kidney disease.

Tear off the red card. →
Mail it or give it to a family member. It is an easy way to remind your loved ones to talk to their doctors.

What should my family members ask their doctors?

Tell your family members to ask their doctors to test their blood and urine for kidney damage. These tests are the only way to find out if they have kidney disease because there are no early warning signs. Finding kidney disease early and treating it can slow kidney damage and may prevent kidney failure.

Where can I get more information?

For additional copies of this brochure or more information about kidney disease, contact the National Kidney Disease Education Program at **1-866-454-3639** or **www.nkdep.nih.gov.**

A message from someone who cares about you.

Protect yourself from kidney failure.

Kidney disease runs in families.
Even if only one person in your family has kidney failure, you should be tested for kidney disease. Someone in your family with kidney failure sent you this card because they want you to protect your kidneys.

Talking about kidney disease may be difficult, but doing so can help save your life. So ask your doctor to test your blood and urine for kidney damage. These tests are the only way to know if you have kidney disease because there are no early warning signs. If kidney disease is detected early, kidney failure may be prevented!

For more information on kidney disease, contact the National Kidney Disease Education Program at **1-866-454-3639** or **www.nkdep.nih.gov.**

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