



National Kidney Disease
Education Program

For more information about kidney disease,
visit www.nkdep.nih.gov or call toll free 1-866-4-KIDNEY.

You Have The Power To Prevent Kidney Disease



Are you at risk for kidney disease?

- Do you have diabetes?
- Do you have high blood pressure?
- Do you have a family history of kidney failure?

You are at risk for kidney disease if you answered "yes" to any of these questions.

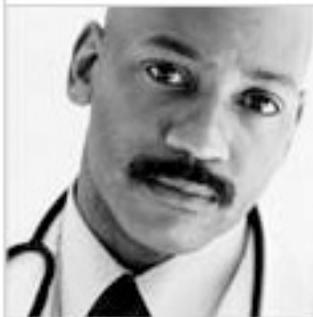
Learn more about these risks at www.nkdep.nih.gov, then talk to your doctor.

Did you know that diabetes and high blood pressure are the two main causes of kidney failure among African Americans? Many people don't. That's why we are working with the National Kidney Disease Education Program and its You Have The Power To Prevent Kidney Disease campaign to raise awareness about kidney disease among African Americans.

Read on to learn more about kidney disease: its impact in our community, whether you are at risk, and the importance of early testing.

African Americans and Kidney Disease

- African Americans are four times more likely than Caucasians to develop kidney failure.
- African Americans make up 12 percent of the population but account for 30 percent of people with kidney failure.
- Diabetes and high blood pressure account for more than 70 percent of kidney failure cases in African Americans. Many people know they have diabetes or high blood pressure, but do not know that they also may have kidney disease.
- African American males ages 22 to 44 are 20 times more likely to develop kidney failure due to high blood pressure than Caucasian males in the same age group.



Simple tests can detect kidney disease early.

If you are at risk, ask your doctor to test your blood and urine for signs of kidney damage. Early kidney disease has no symptoms. Testing is the only way to know for sure if you have it. Medication can help prevent or slow kidney failure if kidney disease is detected early.



U.S. Department of
Health & Human Services



National Institutes
of Health



National Institute of Diabetes
& Digestive & Kidney Diseases

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