



Diabetes and High Blood Pressure Make the Kidney Connection



Are you at risk for kidney disease?

Do you have:

- Diabetes or
- High blood pressure or
- Heart disease or
- A mother, father, sister, or brother with kidney disease?

If you have any of these risk factors, get checked for kidney disease. **Early kidney disease has no signs or symptoms.** Blood and urine tests are the only way to know if you have it.

Kidney disease can be treated.

The sooner you know if you have kidney disease, the sooner you can take steps to keep your kidneys healthy longer. Medicines can help slow down kidney disease and prevent kidney failure.

Reunion

Make Health a Family Affair

Are you attending a family reunion in the near future? Check out the **free Family Reunion Health Guide** developed by the National Kidney Disease Education Program. It has everything you need to talk to your family about the connection between diabetes, high blood pressure, and kidney disease. **Visit www.nkdep.nih.gov/familyreunion.**

Why talk about kidney disease?

- Diabetes and high blood pressure are the two leading causes of kidney failure, but many people don't know it.
- Kidney disease is a growing concern, especially among African Americans.
- There are things you can do to protect your kidneys.



For more information and to order free materials, call toll free 1-866-4 KIDNEY (1-866-454-3639) or visit www.nkdep.nih.gov.



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