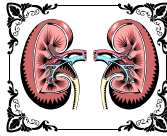




Family History and Kidney Disease

Kidneys

- Help “clean” your blood
- Help make red blood cells



- Help control your blood pressure
- Help maintain strong, healthy bones

Chronic kidney disease (CKD) is permanent loss of renal function (kidney activity) that can worsen slowly and silently over time. As kidney disease progresses, you are at an increased risk for complications such as:





- ✓ Anemia (low blood count)
- ✓ Heart attack and stroke
- ✓ High blood pressure
- ✓ Kidney failure

Use your *Family Health History* to find out if you are at increased risk for CKD!


Your Family Health History is a “picture” of yourself and your close relatives— including how the genes you inherit, the food you eat and other habits affect your health.

Genetic (hereditary) factors play at least a part in many conditions that can lead to kidney disease including the *two most common causes*:

-  **Diabetes**
-  **High blood pressure**



You may be at increased risk if you have a relative with these conditions. A family history of kidney failure or being of the following race may also increase your risk:

-  Blacks, American Indian, Asian American, or Pacific Islander



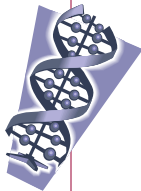
Did you know?

One of the most common genetic disorders affects the kidneys.

Polycystic kidney disease (PKD)

Many cysts (fluid filled sacs) grow in kidneys & other organs. Leads to:

- Kidney Stones
- Kidney Failure
- High blood pressure
- Higher risk for aneurysms



Autosomal dominant PKD (ADPKD)

- Most common type of PKD
- Signs often start in adulthood (Cysts may exist from late childhood)
- Single genetic mutation (change) causes it
- 90% have inherited ADPKD from an affected parent

Autosomal recessive PKD (ARPKD)

- Rare and more severe form of PKD
- Signs usually start at birth or by early childhood
- Two copies of a gene mutation must be present in each cell to cause it
- Parents are unaffected but both carry one copy of the gene mutation

March 24 is American Diabetes Alert Day!



A one-day “wake-up call” to ensure people take diabetes seriously. Diagnosing diabetes early is needed for successful treatment and preventing complications like kidney disease.



What can you do?

Understand your risk factors!

You may be at-risk for chronic kidney disease (CKD) if you have:

- * **Diabetes** * **High Blood Pressure** *
- * **Family History of Kidney Disease/Failure or Polycystic Kidney Disease** *

Ask your doctor about screening for CKD if you have these risk factors especially if you are also Black, American Indian, Asian American or Pacific Islander.

Screening is done simply in a doctor's office by:

- Blood pressure check
- Blood draw
- Urine sample



Where Does Michigan Stand?

- According to the National Kidney Foundation of MI, more than 940,00 MI adults are living with chronic kidney disease.
- Blacks comprise about 14% of the state's population, but more than 45% of the people on kidney dialysis in Michigan.
- Blacks are almost three times more likely to develop kidney failure than whites.



Spotlight on: Michigan Efforts to Fight Kidney Disease



The National Kidney Foundation of MI (NKFM)

- **KEEP** (Kidney Early Evaluation Program)
Health screening program for CKD.
- **Healthy Hair Starts with a Healthy Body™** and **Dodge the Punch: Live Right™**
Training to Black hair stylists and barbers to promote discussing nutrition and exercise.
- **Healthy Families Start with YOU**
Free health education program for parents of preschool children designed to help make healthier nutrition and physical activity choices.

The Department of Community Health is pleased to be a partner of the NKFM in preventing kidney disease.



Michigan's Genetics Resource Center
www.MIGeneticsConnection.org

National Kidney Foundation
www.kidney.org

National Kidney Foundation of Michigan
800-482-1455
www.nkfm.org

National Kidney and Urologic Disease Information Clearinghouse
www.kidney.niddk.nih.gov

PKD Foundation
www.pkdcure.org



"Education is the most powerful weapon which you can use to change the world."

Nelson Mandela

References:

1. *Polycystic kidney disease-Genetics Home Reference*, <http://ghr.nlm.nih.gov>
2. *Your Kidneys and How They Work, NKUDIC*, <http://kidney.niddk.nih.gov>
3. *Polycystic Kidney Disease*, <http://kidney.niddk.nih.gov>
4. *Critical Health Indicators, Topic: Diabetes and Kidney Disease, April 2007*
5. *National Kidney Foundation of MI, 3/2009 Correspondence*