

Make Health a “Family Reunion” Affair

Help Your Family Make The Kidney Connection

Many of us know family members who have diabetes or high blood pressure or both. What you may not know is that these conditions are the two leading causes of kidney failure. That’s why it is important to talk with family members about what they can do to protect their kidneys.

The Family Reunion Health Guide, developed by the National Kidney Disease Education Program (NKDEP), will help you talk to your family about the connection between diabetes, high blood pressure, and kidney disease at your family reunion.

Diabetes and high blood pressure cause about 70 percent of kidney failure cases. About 20 million Americans have kidney disease, and nearly 20 million more are at risk. African Americans are approximately four times more likely than Caucasians to develop kidney failure.

You don’t have to know a lot about health to share this important information with your family. The Family Reunion Health Guide contains everything you need, including fact sheets about kidney disease, diabetes, and high blood pressure.

It also outlines three sample approaches for communicating the information to your family, including presenting a 15-minute Make The Kidney Connection health overview, conducting one-on-one discussions with family members at risk, and distributing kidney disease information to attendees. You can use one or more of these approaches, or create your own.

Call 1-866-4 KIDNEY or visit www.nkdep.nih.gov/familyreunion to get the free Family Reunion Health Guide.

The National Kidney Disease Education Program is an initiative of the National Institute of Diabetes and Digestive and Kidney Diseases, one of the National Institutes of Health.