

**Important health information  
for African Americans**

As an African American, you are **four times more likely** to develop kidney disease – a condition that affects 400,000 Americans every year.<sup>2</sup> Your risk is even higher if you have a family history of kidney disease, diabetes or high blood pressure.

Yet, you may **not have symptoms** until the disease is at an advanced stage, when emergency medical treatment may be required.

Early detection is essential. And all it takes is a **2-minute test**.

**IT AFFECTS 153,602 AFRICAN AMERICANS YEARLY<sup>1</sup> AND IS OFTEN SILENT.**

**Take Two Minutes**

Ask your doctor for a simple urine or blood test to detect kidney disease.

**Tell Five People**

Even if you aren't at risk, someone you know may be. Pass along this message and **let's end the silence**.



**Take Two. Tell Five.**

For more information, visit  
[www.aakp.org/take2tell5](http://www.aakp.org/take2tell5)

**aakp**  
American Association  
of Kidney Patients

<sup>1</sup> USRDS Annual Data Report, 2007.

<sup>2</sup> Baseline Report, National Kidney Disease Education Program (NKDEP), June 2001.