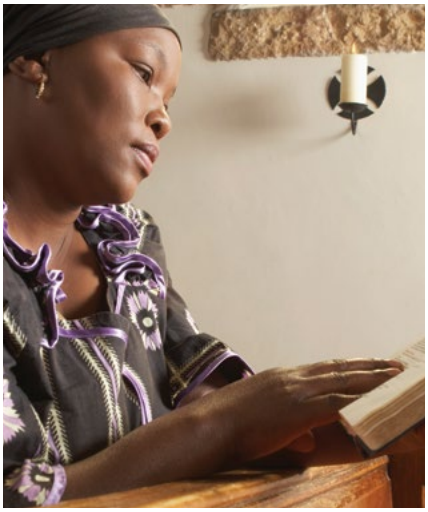
Kidney Sundays: A Toolkit

A Guide for Faith-Based Communities on Making the Kidney Connection

National Kidney Disease Education Program

NKDEP
National Kidney Disease Education Program



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Kidney Sundays: An Introduction

Thank you for your interest in the National Kidney Disease Education Program's (NKDEP) Kidney Sundays initiative.

Increasingly, people are turning to places of worship to get accurate, useful information about issues that uniquely affect African Americans. Kidney health is one of those issues because kidney failure affects African Americans more than other groups. African Americans, Hispanics, and American Indians are at high-risk for developing kidney failure. This risk is due in part to high rates of diabetes and high blood pressure in these communities. African Americans are almost four times as likely as Caucasians to develop kidney failure. And, while African Americans make up only about 13 percent of the population, they account for 32 percent of the people with kidney failure in the United States.

Kidney Sundays is a great opportunity to raise awareness within your faith community about the risks for kidney disease and the importance of getting tested. The *Kidney Sundays* Toolkit provides faith-based organizations with the tools and materials they need to include kidney health messages in programs and events. The materials are easy to use in a wide variety of settings with your organization. In fact, they can be used by anyone who wants to have a conversation about kidney disease with their friends, family, co-workers, or community group outside of a faith-based setting.

Help your faith-based family protect its kidney health. **Help make the kidney connection.**

Getting Started with *Kidney Sundays*

Making the Kidney Connection is easy. *Kidney Sundays* can be an important initiative for your congregation. The information can help members with risk factors for kidney disease to learn how to better protect their kidneys.

And you don't have to be a health expert to share this information with your congregation.

The first step is to decide to have a *Kidney Sundays* session. Watch the Make the Kidney Connection video below to learn more about the National Kidney Disease Education Program (NKDEP) and how you can make the kidney connection. NKDEP offers many tools to help African Americans learn how to maintain their kidney health—and more important, how to talk about kidney disease with your families and faith communities. You also may consider sharing the video with your congregation as you promote *Kidney Sundays* and talk about the FREE resources NKDEP offers.

Make the Kidney Connection Video

Kidney Sundays can be tailored to meet your organization's needs and opportunities.

You have to power to encourage your loved ones to get their kidneys checked. You have the power to be better educated. And you have the power to make the kidney connection.

Conducting a *Kidney Sundays* session is easy. Planning one can be simple too. The checklist on the next pages will help you make sure you remember all of the important steps.

Make the Kidney Connection with *Kidney Sundays*

1. **Hold conversations** to talk about kidney health in a group setting. (See page 7)
2. **Hand out materials** that members of your congregation may take home and read on their own. (See page 9)
3. **Partner with a health facility or organization to host a health screening** for your congregation to test blood pressure, blood glucose levels, or body mass index. (See page 11)

Kidney Sundays Planning: A Checklist

6 Weeks Before the Event

- ☐ Recruit a Health Champion—the person who will conduct the *Kidney Sundays* session. You don't have to be a health expert to conduct the session.
- ☐ Talk with your faith leader about how to incorporate kidney health messaging at your place of worship.
- ☐ Order FREE educational materials from the NKDEP Resource Center. Call 1-866-4 KIDNEY (1-866-454-3639) or visit **nkdep.nih.gov/resources.shtml** to place your order. Larger orders require a small fee.
- ☐ Decide if you would like to have a health screening as part of your *Kidney Sundays* session. If you do, now is the time to contact your screening partner to get on their calendar **(See page 11)**. Potential screening partners include:
  - Chi Eta Phi nursing sorority
  - American Kidney Fund
  - National Kidney Foundation
  - Local college nursing school/program
- ☐ Begin to publicize the session for those who may most benefit from the information. Be sure to notify your health ministry, women's and men's ministries, and other groups to ensure their members attend the upcoming session.

4 Weeks Before the Event

- ☐ Finalize the day and time for your *Kidney Sundays* session—taking into account your screening partner's availability. Reserve the room(s) at your faith organization for the session.
- ☐ Print out and make copies of fact sheets that you want to pass out at the session.
- ☐ Arrange for tables and chairs for the day of the event. If you are going to have health screeners, be sure there is a table for them. In addition, be sure you have a sign-in table and a table to display materials.

2 Weeks Before the Event

- ☐ Be sure that information about the *Kidney Sundays* session is included in the Bulletin two weeks before the session. Continue to publicize the event. Be sure to announce if health screenings will take place.
- ☐ Confirm that your Health Champion can participate.
- ☐ Confirm that your screening partner has your event on the calendar. Also, make sure they have the directions to the event.
- ☐ Ensure that you have received your NKDEP materials to hand out at the session.

1 Week Before the Event

- ☐ Have the *Kidney Sundays* session mentioned during the Announcements and ensure the information is included in the Bulletin one week before the session. Encourage faith members to attend.
- ☐ Review the Talking Points (See page 13) with your Health Champion to guide your *Kidney Sundays* session.

Day of the Event

- ☐ Make sure the room is set up and chairs are arranged.
- ☐ Display the NKDEP materials on a table.
- ☐ Assist your screening partner with set up, if necessary.
- ☐ Collect names and email addresses of attendees so you can follow up with them after the event. Have a sign-in sheet at the door.
- ☐ Take photos during the event.

1 Week Following the Event

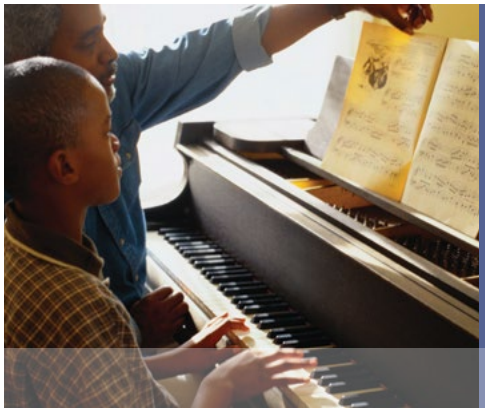
- ☐ Send attendees an email using the suggestions included in the Toolkit (See page 21) to help support them. Take extra care to follow up with those you know may have diabetes, high blood pressure, cardiovascular disease, or a family history of kidney failure.
- ☐ Display photos on faith organization's bulletin board and share with the Make the Kidney Connection Facebook community (www.facebook.com/makethekidneyconnection).

Conducting a *Kidney Sundays* Session

Hold Conversations

Kidney Sundays sessions and conversations may be held any day of the week—immediately following weekend services or during the week. The most important thing to remember is you need to pick a day when many people can attend. If you would like to hold a conversation about kidney health, follow these steps:

- **Find Kidney Sundays Champions to Host a Conversation about Kidney Disease.** During a service, health ministry meeting, or faith-based committee group meeting, announce that you have the *Kidney Sundays* Toolkit and would like to recruit a health champion to host a conversation about kidney disease. The Toolkit provides all that the champion needs to host this discussion. Find a champion in your congregation and get them excited about kidney health. This will make it easier to start the conversation. And remember, this person does not have to be a health expert to lead the conversation. He or she just needs to be excited about sharing health information.



Conducting a *Kidney Sundays* Session

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Hold a Conversation about Kidney Disease using the Talking Points.

Before scheduling a discussion session, review the Make the Kidney Connection Health Conversation Talking Points (See page 13) to help you lead it with ease. Below are a few tips to keep in mind as you prepare for the kidney disease discussion with your faith-based family:

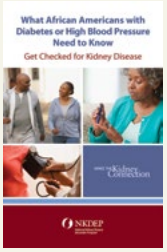
- Find a comfortable setting; this could be in your place of worship before or after the service, in the administration office, book store, or a private room. For a group meeting, use any area large enough for a group, such as the dining hall, classroom, or day care facility at your place of worship.
- Because many African-American adults are at risk for kidney disease, you may invite a cross section of your congregation to a group *Kidney Sundays* conversation. Be sure to seek out members who you know have diabetes or high blood pressure or a family history of kidney failure. Both men and women are at risk for kidney disease, so you are encouraged to include everyone in the conversations.
- Make your faith-based family feel comfortable. Do not force the conversation if someone is not open to discussing his or her health. Share your experiences to make them feel a little more comfortable. Offer examples of how you, or someone you know, have managed diabetes or high blood pressure. Try relating the information to topics that have been discussed at services or other meetings.

Share Materials

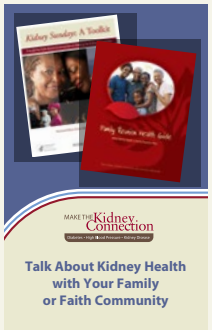
The *Kidney Sundays* initiative can be tailored to your faith organization. If you cannot hold a conversation, you just may hand out some of the materials to your congregation. You may set up a table in the lobby of your faith organization with a display of materials, or you may place a brochure or informational card into the weekly Bulletin. Another way to get the information out is to put an article in your organization's newsletter or email. If you hold a conversation, be sure to have materials on hand to pass out. NKDEP offers a host of brochures and informational pieces through the online Resource Center (nkdep.nih.gov/resources.shtml).

- **Hand out the Kidney Disease, Diabetes & High Blood Pressure Fact Sheets.** The fact sheets provide answers to common questions about kidney disease, diabetes, and high blood pressure. They explain symptoms, risk factors, and prevention tips, as well as where to go for more information. Be sure to offer fact sheets to individuals you meet with and distribute them during your group conversation. The Talking Points in this Toolkit tell you when you should hand out the fact sheets during a conversation. You also can direct your faith-based family to the NKDEP website (www.nkdep.nih.gov) for more information.

- **Hand out the *What African Americans with Diabetes or High Blood Pressure Need to Know* brochure.** This brochure provides information about kidney disease and its connection to diabetes and high blood pressure and the importance of getting tested. Use the brochure to guide the conversation and give it to participants to take home.

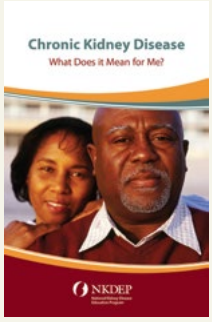


- **Distribute the *Make the Kidney Connection Outreach Informational* Card.** The Informational Card explains the risk factors for kidney disease and the importance of getting tested. It also highlights NKDEP's *Family Reunion Health Guide*, a booklet that helps families talk about kidney disease at family reunions. (nkdep.nih.gov/get-involved/talk-with-family.shtml). You can insert the informational card into your faith-based organization's Bulletin to be distributed during worship service. This will give you the perfect opportunity to introduce *Kidney Sundays* during announcements and promote any upcoming *Kidney Sundays* sessions you are planning.



- **Distribute the *Make the Kidney Connection Food Tips and Healthy Eating Ideas* Fact Sheet.** Learn how to eat healthy with the Make the Kidney Connection Food Tips and Healthy Eating Ideas. This handout provides information on reducing portion size and choosing healthier food options. When preparing for your conversation about kidney disease, print copies of the food tips and healthy eating ideas to distribute to participants.

- **Distribute the *Chronic Kidney Disease: What Does it Mean for Me?* Brochure.** If you have members of the congregation who have been told they have chronic kidney disease (CKD), you can help them learn what this diagnosis means, and learn what it means for their health and their life. People with CKD can and should continue to live their lives in a normal way: working, enjoying friends and family, and staying active. They also need to make some changes. This brochure will help answer some of the questions they might have.



Host Other Activities

Make the most of your *Kidney Sundays* experience by adding other activities. Expanding the activities with the congregation makes a more meaningful and educational experience. These activities may take place immediately before a *Kidney Sundays* conversation, or be held by themselves.

- **Engage Local Health Experts to Conduct a Health Screening.** Look into having local nursing students or health care facilities conduct screenings for kidney disease, blood pressure, and diabetes as part of the *Kidney Sundays* experience. The screenings may be held as part of health fairs or picnics your congregation already conducts. You also may partner with other organizations on health initiatives. Be sure the screening partner has a list of health care providers in the area to pass along to anyone who may need follow-up service. Health screening partners may include:
  - **Chi Eta Phi nursing sorority.** Chi Eta Phi is focused on community service. With chapters around the country, they may be able to provide local registered nurses to conduct screenings for your congregation. Visit **www.chietaphi.com** for more information.
  - **American Kidney Fund (AKF).** AKF offers health screenings for groups larger than 50 persons in and around selected cities. Visit **www.kidneyfund.org** to find out how you can schedule a health screening.
  - **National Kidney Foundation (NKF).** Contact your local NKF office about screenings. For more information, visit **www.kidney.org**.
  - **Local college nursing school/program.** Contact your local university or college to see if they have a nursing program, and if the nursing program students do community outreach.

- **Engage Local Food Experts to Conduct Food Demonstrations.** Encourage members of your congregation to prepare a meal from the healthy recipe links and bring samples for a tasting with the group, or recruit local dietetics students to conduct food demonstrations. This will be a treat for participants as they begin their journey to healthier eating. Visit the following websites for recipes and healthy eating ideas and information:

  - The National Diabetes Education Program's **Tasty Recipes for People with Diabetes and Their Families**. This booklet includes recipes and meal plans designed to help people with diabetes manage it.

  - The National Heart, Lung, and Blood Institute's (NHLBI) **Keep the Beat™ Recipes: *Deliciously Healthy Dinners* cookbook**. *The Deliciously Healthy Dinners* cookbook shows how to quickly and easily prepare recipes that are good for your heart and your health—and just not for the holidays, but all year-round. Recipes include dishes that were created for the NHLBI that have an American, Latino, Mediterranean, or Asian flair.

  - The National Heart, Lung, and Blood Institute's ***Heart Healthy Home Cooking African American Style — With Every Heartbeat is Life***. Prepare your favorite African-American dishes in ways that protect you and your family from heart disease and stroke. This cookbook provides recipes for 26 tested and tasty favorite African-American dishes. Recipes include nutrient analyses that list amounts of carbohydrates and protein. The recipe book also covers tips on heart healthy food substitutions and food safety.

  - The National Cancer Institute's ***Down Home Healthy Cooking: Recipes and Tips for Healthy Cooking***. The cookbook provides recipes that are low-fat, high-fiber versions of traditional African-American recipes.

  - For additional tips and healthy eating ideas, visit **http://nkdep.nih.gov/resources/kidney-connection-food-tips.shtml**.

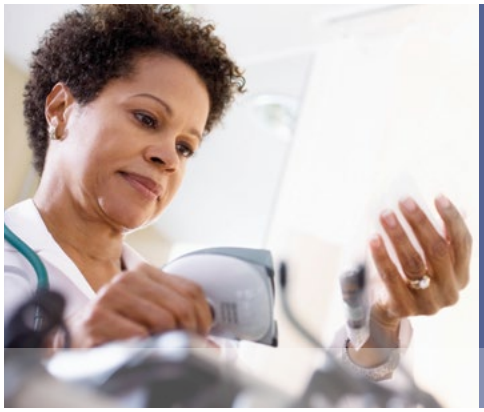
Make the Kidney Connection: Conversation *Talking Points*

Once you have a group of individuals interested in learning about kidney disease and its risk factors, organize a Make the Kidney Connection conversation. The conversation should only take 15 to 20 minutes and include information about how to know if they are at risk, how to get tested, and what can be done if they have kidney disease.

The group can be as small or as large as you like. The conversation should be an open exchange of information, experiences, advice, and support.

Conversation Talking Points

1. **Greeting and Session Introduction**
2. **Talk about Kidney Disease and Risk Factors**
3. **Talk about Testing and Treatment**
4. **Talk about Protecting the Kidneys**
5. **Encourage Your Faith-Based Family to Look Out for One Another**
6. **End the Session**



Conversation *Talking Points*

(Continued)

1. Greeting and Session Introduction

This introduction will help you start your session and thank the participants for coming. It also will help you set the tone for the session. If you are able, show the Make the Kidney Connection video to the group.

Hello,

Thank you all for giving me some time today to talk with you about kidney disease and its connection to diabetes and high blood pressure. Kidney disease is a silent killer in the African-American community, and it needs to be addressed. I'm happy to see that you're taking time out of your busy schedule to talk about this important issue. During this session, we will go over the risk factors of kidney disease, testing and treatment, and discuss steps to help you protect your kidneys.

The National Kidney Disease Education Program (NKDEP) has provided us with materials about kidney disease to help us stay informed. I will pass them out during our conversation.

Let's start with a short video.

Dr. Griffin Rodgers Welcome Message Video

Conversation *Talking Points* (Continued)

As you heard in that video, several diseases affect African- American families more than others, but there are things that we can do—and it starts with education.

Let's begin. Why should we know about kidney disease?

- African Americans are nearly four times more likely than Caucasians to develop kidney failure, which requires dialysis or a kidney transplant to live healthier longer.
- African Americans suffer to a much greater extent than other groups from two of the leading causes of kidney disease—diabetes and high blood pressure.
- Many of us have one or both of these conditions, but don't know that they put us at risk for kidney disease.
- Finally, if kidney disease is diagnosed and treated early, kidney failure can be delayed or prevented.

2. Talk about Kidney Disease and Risk Factors

Find out what the group knows about kidney disease risk factors.

Who can name one of the two leading causes of kidney disease?

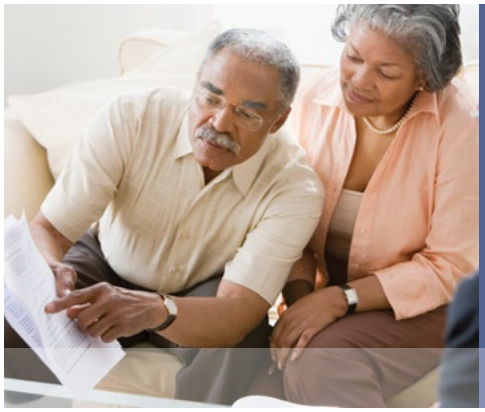
Give participants a chance to offer responses. You are likely to get a variety of causes. But the leading causes of kidney disease are: diabetes and high blood pressure. Remember, having just one of them puts a person at risk for developing kidney disease.

Diabetes and high blood pressure are the two leading causes of kidney failure. They cause the greatest percent of kidney failure cases among African Americans. Other risk factors include cardiovascular or heart disease, or a family history of kidney failure—a mother, father, sister, or brother who has had kidney failure.

If you have diabetes OR high blood pressure OR heart disease OR a family history of kidney failure, you are at risk of developing kidney disease.

You don't have to raise your hand, but think about it: How many of you are at risk for kidney disease or know a family member who is at risk?

Hand out the Kidney Disease, Diabetes & High Blood Pressure fact sheets. (See page 23)



3. Talk about Testing and Treatment

What do you do if you are at risk? **Get tested**.

Testing is the only way to know if you have kidney disease. Many people don't know they have kidney disease until their kidneys are just about ready to fail because there usually are no symptoms. By then, it is too late to do anything other than begin dialysis or have a kidney transplant to maintain health.

That is why testing is so important. The doctor or health care provider checks your blood and urine for signs of kidney disease.

The good news is that if kidney disease is found early, there are medicines you can take called angiotensin-converting enzyme (ACE) inhibitors and angiotensin receptor blockers (ARBs), as well as other things you can do, to slow down the progression of kidney disease. For some people, the medicines can keep the kidneys from failing.

So, if you have even ONE of the risk factors we have talked about—diabetes, high blood pressure, cardiovascular disease, or a family history of kidney failure—get tested.

4. Talk about Protecting the Kidneys

Managing your diabetes, high blood pressure, or heart disease is important for kidney health. By following your health care provider's advice—whether that means taking medicines, following a special diet, or being more physically active—you help reduce the stress on your heart and blood vessels, which can help protect your kidneys. But even if you follow the advice, it is important to have your kidneys checked for kidney disease.

Let's talk about how you can be more physically active.

Now is the time to distribute the Make the Kidney Connection Food Tips and Healthy Eating Ideas and discuss the Physical Activity Tips listed below. Read the food tips with the group, and ask the group about their physical activity.

You do not have to be an athlete to benefit from regular physical activity. Even modest amounts of physical activity can improve your health. Start with small, specific goals, such as walking 10 minutes a day, 3 days a week, and build up slowly from there. Try these activities to add more movement to your daily life:

- **Take the stairs instead of the elevator. Make sure the stairs are well lit.**
- **Get off the bus one stop early if you are in an area safe for walking.**
- **Park the car farther away from entrances to stores, movie theaters, or your home.**

Conversation *Talking Points*

(Continued)

- **Take a short walk around the block with family, friends, or coworkers.**
- **In bad weather, walk around a shopping mall.**
- **Rake the leaves or wash the car.**
- **Visit museums, the zoo, or an aquarium. You and your family can walk for hours and not realize it.**
- **Take a walk after dinner instead of watching TV.**

There also are lifestyle activities, things you do every day. These activities can really add up and increase the number of calories you burn each day. They may also boost your energy and mood by getting your blood and muscles moving. Examples of lifestyle activities include:

- **Taking the stairs instead of the elevator.**
- **Walking to your coworker's office instead of using the phone or email.**
- **Gardening and doing household chores.**
- **Walking inside the bank rather than using the drive-through window.**
- **Parking farther from store entrances and walking the extra distance.**
- **Taking short breaks at work to get up, stretch, and walk.**
- **Playing with your children, nieces and nephews, and pets.**

It's hard to get started, but I'm sure we can learn from each other. What are some of the ways you add physical activity into your day? Do you involve your entire family?

5. Encourage Your Faith-Based Family to Look Out for One Another

After you have presented the facts about kidney disease, it is time to send participants home with calls to action—things they can do to protect their kidneys. It is also time to show how your faith-based organization can continue to be involved in their health quest. Consider ending the session with the following activities to help keep in touch with individuals at risk for kidney disease.

1. **Designate a Health Leader to be a "Health Buddy."** Designate a member of the health committee or someone who participated in the conversation to follow up with those who are at risk and encourage them to manage their diabetes and/or high blood pressure to prevent kidney failure. Each month, select someone different to be the "health buddy" to check and see if members got tested and encourage others in the faith-based organization to stay healthy. Ensure your health buddies have information about local testing options. Put together a list of health care facilities in your area where people can get their kidney function tested. For more information, visit **www.findahealthcenter.hrsa.gov**.

2. **Create a Living Healthy Committee.** Collect the names and email addresses of the individuals who participated in the Make the Kidney Connection health conversation and ask them to participate in a Living Healthy Committee. The committee can be a sub-group of your health ministry or health committee that focuses on being active and eating healthier to help manage diabetes and high blood pressure. Each week, the group can meet at the place of worship to exercise before or after work. They also may meet for group walks on weekends. This is the perfect way to encourage each other and become a support network. Invite other members to participate!

Conversation *Talking Points*

(Continued)

3. **Make the Connection Online.** Keep in touch and check in on congregation members at risk by sending short email messages. Try these:

   a. Hi faith family! Your health is important. If you have diabetes or high blood pressure, don't forget to talk with your doctor about kidney disease testing.

   b. Hi faith family! Be sure to maintain a healthy weight, be physically active and cut back on salt. Ask me to share information. *[NOTE: For everyone who replies, send them a copy of the **Make the Kidney Connection Food Tips and Healthy Eating Ideas** fact sheet.]*

   c. Hi faith family! Have you checked in on your Health Buddy this week? Make a promise to support each other and strive for healthier kidneys.

   d. Hi faith family! Don't forget to incorporate activity into your everyday life. Visit **http://win.niddk.nih.gov/publications/better_health.htm** to learn more.

   e. Hi faith family! Join me online and "like" the Make the Kidney Connection page on Facebook **(www.facebook.com/makethekidneyconnection)**.

   f. Hi faith family! Receive tips and helpful kidney health information directly in your inbox. Visit **www.nkdep.nih.gov** to sign up for the Make the Kidney Connection eNewsletter.

6. End the Session

Thank everyone for their attention and for agreeing to look out for each other. Most importantly, thank them for agreeing to get tested if they are at risk for kidney disease.

Distribute the **Kidney Disease: What African Americans Need to Know** brochure. Distribute any additional educational materials you may have.

For more information, direct participants to the following places:

Kidney Disease: Direct them to the National Kidney Disease Education Program website (www.nkdep.nih.gov) or ask them to call 1-866-4 KIDNEY (1-866-454-3639). Invite participants to learn about the Family Reunion Initiative so they can talk with their loved ones about kidney disease at their reunions or other family gathering.

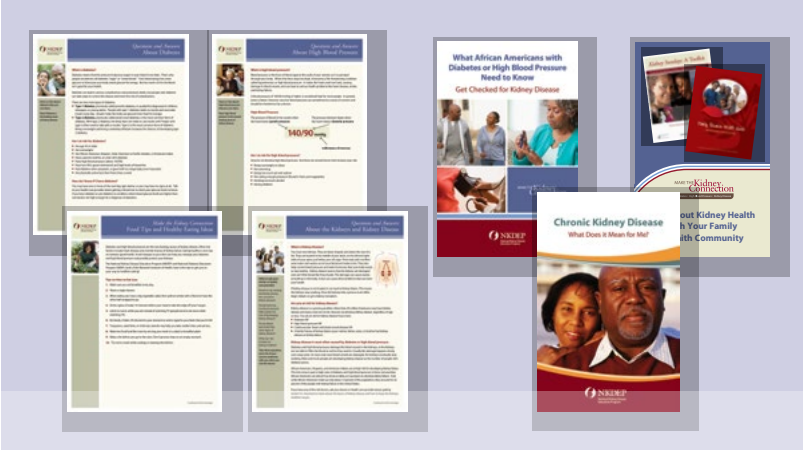
Diabetes: Direct them to the National Diabetes Education Program website (www.ndep.nih.gov) or ask them to call 1-888-693-NDEP (1-888-693-6337). They also may contact the American Diabetes Association (www.diabetes.org) Center for Information and Community Support at 1-800-DIABETES (1-800-342-2383).

High Blood Pressure: Direct them to the National Heart, Lung, and Blood Institute website (www.nhlbi.nih.gov) or ask them to call 1-301-592-8573. Participants also may learn more from the International Society on Hypertension in Blacks (ISHIB) website at www.ishib.org.

Weight and Physical Activity: Direct them to the Weight-control Information Network (WIN) website (www.win.niddk.nih.gov) or ask them to call 1-877-946-4627.

Send NKDEP Your Feedback on the *Kidney Sundays* Toolkit

If you have feedback that you would like to share about this Toolkit, please email us at **nkdep@info.niddk.nih.gov**. We'd love to hear how we can make it more useful for your faith-based community and others across the nation. Share your *Kidney Sundays* experience with the Make the Kidney Connection Facebook community **(www.facebook.com/makethekidneyconnection)**.



Kidney Sundays Resources

To complement your health conversations, print and distribute these materials from the NKDEP website (**www.nkdep.nih.gov**). You also can order some of the materials by calling 1-866-4 KIDNEY (1-866-454-3639). Small quantities of the materials are free. For larger quantities, there is a small charge.

Look for suggestions in the **Conversation Talking Points** about when to distribute each of the pieces.

MATERIALS	DESCRIPTION
***Kidneys & Kidney Disease* Fact Sheet**	Highlights key facts about the impact of kidney disease on African Americans and statistics related to kidney disease in the United States.
***Diabetes* Fact Sheet**	Answers important questions people with diabetes have about managing their condition to delay kidney damage.
***High Blood Pressure* Fact Sheet**	Answers questions people with high blood pressure have about managing their condition to delay kidney damage.
***Make the Kidney Connection Outreach* Informational Card**	Explains the risk factors for kidney disease and the importance of getting tested. Informs about the Family Reunion Health Guide.
***What African Americans with Diabetes or High Blood Pressure Need to Know* Brochure**	Highlights the key facts about the impact of kidney disease on African Americans.
***Make the Kidney Connection Food Tips and Healthy Eating Ideas* Fact Sheet**	A list of healthy eating tips and recipes with links to other resources.
***Chronic Kidney Disease: What Does it Mean to Me?* Brochure**	A brochure that explains what chronic kidney disease is and what it means for the health and lives of people who are told they have it.

Participants in clinical trials can play a more active role in their own health care, gain access to new research treatments before they are widely available, and help others by contributing to medical research. For more information, visit www.clinicaltrials.gov.

The National Kidney Disease Education Program (NKDEP) encourages people to get tested for kidney disease and educates those with kidney disease and their health care providers about treatments that can help delay or prevent kidney failure. NKDEP is a program of the National Institutes of Health (NIH).

NIH . . . *Turning Discovery Into Health* NIH Publication No. 12-7602 • February 2012

U.S. Department of Health and Human Services

National Institutes of Health

NIDDK NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

NKDEP National Kidney Disease Education Program

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