



# Kidney Health



Healthy Diet



Exercise



No Smoking



Limit Alcohol



Get check-ups



Genes

Genes control traits we inherit from our parents, such as eye color.

Differences in some genes can put us at risk for getting some diseases.

Differences in the APOL1 gene can put us at increased risk for kidney disease.



## Genes

### APOL1 Gene

- 3 forms: G0, G1, G2
- Everyone inherits 2 copies of the gene



G?



G?/G?



G?



G0 - most common; no increased risk of kidney disease

G1 and G2 - can increase risk of kidney disease



G0/G0

- No increased risk of kidney disease



G0/G1 or G0/G2

- No increased risk of kidney disease
- Carrier: Could pass higher risk form of gene to children



G1/G1 or G2/G2 or G1/G2

- Increased risk of kidney disease
- Will pass higher risk form of gene to children

4 out of 5 people who have 2 copies of the higher risk forms of APOL1 **DO NOT** get kidney disease



Healthy



Kidney Disease



People with recent African ancestry, such as African Americans, Afro-Caribbeans, Hispanic Blacks, and Africans are more likely to have the APOL1 gene variants that increase risk of kidney disease.

To learn more about preventing kidney disease, please talk with your doctor.



Thank you for giving the gift of life and donating your loved one's kidneys. The goal of APOLLO is to make kidney transplantation have an even greater positive impact by learning more about genetic variations that are found in some people of African descent.

[www.TheApolloNetwork.org](http://www.TheApolloNetwork.org)



## Kidney Donors



## Kidney Recipients



?

### Who?

Kidney specialists and the APOLLO Community Advisory Council designed APOLLO.

The Community Advisory Council is a group of kidney donors, recipients and their families who are more likely to have the higher risk forms of the APOL1 gene.

Persons who donate and receive eligible kidneys will be invited to participate.

APOLLO will:

- Collect a small amount of blood and urine from those who donate or receive kidneys.
- Find out what forms of the APOL1 gene those who donate or receive kidneys have.
- See how healthy people who receive a kidney are over many years.

### How?

Participating in APOLLO will not affect the kidney donation process for your loved one. People who receive a donated kidney will get the same medical care whether or not they are in APOLLO.

### When and where?

APOLLO started in 2019 everywhere in the United States, including Puerto Rico.

Organ donation is an incredible gift. By allowing your loved one's kidneys to be part of APOLLO, your gift can have an even greater positive impact over time.

### Why?