



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.

APOL1 Gene

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



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

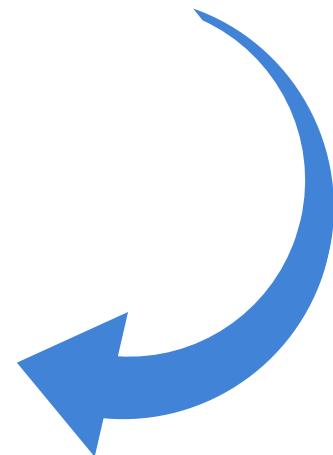
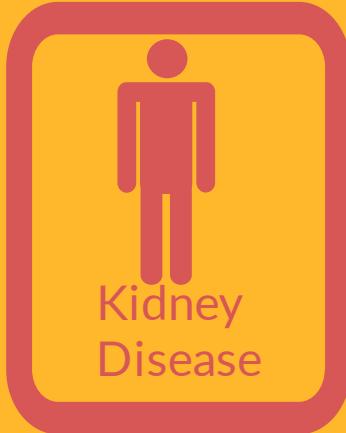
- No increased risk of kidney disease
- Carrier: Could pass higher risk form of gene to children



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



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.

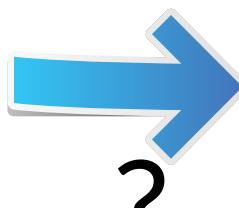


Mission: To improve the lives of those who donate or receive a kidney by learning more about genetic variations that are found in some people of African descent.

www.TheApolloNetwork.org



Kidney Donors



Kidney Recipients



Long-term Health

Who?

Kidney doctors and surgeons and the APOLLO Community Advisory Council designed APOLLO.

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

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

Those who donate or receive a kidney will get the same medical care whether or not they are in APOLLO.

How?

Collect a small amount of blood and urine.

Find out what forms of the APOL1 gene those who donate or receive kidneys have.

See how healthy they are over many years.

When and where?

APOLLO will start in the fall of 2018 everywhere in the United States, including Puerto Rico.

To improve the lives of those who donate or receive a kidney.

Why?