



## Alonzo Mourning

Basketball Hall-of-Famer Diagnosed with AMKD

*Alonzo Mourning is a paid spokesperson for Vertex Pharmaceuticals.*

# The APOL1-Mediated Kidney Disease (AMKD) Conversation Guide

AMKD is a serious and progressive form of kidney disease that may eventually lead to kidney failure. The disease is genetic, and the best way to manage it is to detect it early. Use this guide to have an open conversation with your doctor and family members about your risk of developing AMKD and how to get tested.

## Before Your Visit

Below are some characteristics of AMKD. Select any that apply to you and share this information at your doctor's appointment.

- I have a family history of kidney disease.
- I have chronic kidney disease.
- I have a family member who has two *APOL1* risk variants.
- I have African ancestry and/or identify as one of the following: Black, African American, Afro-Caribbean, Latina/Latino.
- I have high blood pressure.
- I frequently experience swelling in my hands/ankles/feet.
- I have been feeling fatigued/weak.
- I have foamy urine.

**POWER**  
*forward*

## During Your Visit

You are taking an important step in powering forward to take charge of your health. Be sure to inform your doctor if any of the AMKD characteristics (outlined in the bullets to the left) apply to you. To help guide your conversation, we've provided a series of questions you can also use during your appointment.

- 1 Based on my family history and/or symptoms, **do you think I could be at risk** for AMKD and/or should seek further testing for AMKD?
- 2 **How do I get tested** for kidney disease?
- 3 What is the **process for getting genotyped** for *APOL1* risk variants?
- 4 If I test positive for AMKD:
  - What would you recommend for **next steps**?
  - Is there a **specialist you recommend** I see?
  - What are ways I can **continually monitor my health** to detect for signs of worsening kidney function?
- 5 Are there **any lifestyle changes** I can make to improve my health?

# The APOL1-Mediated Kidney Disease (AMKD) Conversation Guide

Understanding your family's medical history can be important to guiding conversations with your doctor. Find a family member you are comfortable with to begin tracking your medical history. Then use the guide to share with your doctor and have conversations around what it means for you.

## YOUR FAMILY HEALTH HISTORY

### Me:

Name:  
Health condition(s):

### Parent:

Name:  
Health condition(s):

### Parent:

Name:  
Health condition(s):

### Grandparent:

Name:  
Health condition(s):

### Grandparent:

Name:  
Health condition(s):

### Grandparent:

Name:  
Health condition(s):

### Grandparent:

Name:  
Health condition(s):

### Direct Relative:

Name:  
Relation:  
Health condition(s):

### Direct Relative:

Name:  
Relation:  
Health condition(s):

### Direct Relative:

Name:  
Relation:  
Health condition(s):

### Direct Relative:

Name:  
Relation:  
Health condition(s):