



www.kidneyfund.org
(800) 638-8299

**June 2009 Podcast:
Minority Intervention and Kidney Education (MIKE) Program Q & A**

- **What is the MIKE Program?**
 - MIKE stands for Minority Information and Kidney Education Program
 - The MIKE Program was designed to reduce the high rate of kidney failure among minority and medically underserved populations
 - The program provides free education, screenings and follow-up services for people who are most at risk for kidney disease. In fact, a full screening includes over \$200 in free medical testing.
 - The program exists in Atlanta, Chicago, and DC – three cities with high rates of kidney failure.
 - The American Kidney Fund's MIKE program is sponsored by Amgen and partners with public and private organizations, including government agencies, community and faith-based organizations
- **What to expect at a MIKE Screening**
 - The screening checks not only kidney function, but also cholesterol levels, blood pressure, blood sugar, and other important health measures
 - MIKE is more than just a screening program. We follow up with people. We hold family follow-up workshops for high-risk participants and their families.
 - Anyone whose test results show signs of kidney disease receives a follow-up phone call from our staff to make sure they understand their test results and to ensure they are receiving appropriate medical care.
- **Health insurance is not necessary to participate.**
 - About 37 percent of those we screen do not have health insurance.
 - For those who don't have insurance, we provide a listing of community health resources.
- **Why the MIKE Program is so important**
 - It is extremely important to get tested because kidney disease is often preventable, but too few people are aware that they're at risk.
 - It is estimated that 31 million Americans have kidney disease. It is the ninth leading cause of death.
 - In the last 10 years, deaths from heart disease and stroke have dropped by 25%, while the number of people diagnosed with kidney disease has increased by the same amount
 - Kidney disease is often preventable. More than 70% of all cases of kidney disease are caused either by diabetes or by high blood pressure—both of these conditions can damage the kidneys. If

these conditions are detected and controlled, it is possible to prevent kidney disease.

- Also, minorities are at a greater risk for kidney disease.
 - African Americans are nearly four times more likely to have kidney disease than Caucasians. Hispanics are one and a half times more likely. Other groups at elevated risk include Asian Americans and Native Americans
- Also, Kidney disease starts with no symptoms. That's why it is so important to be tested. A person can have kidney disease for a long time, and can be undergoing constant damage to the kidneys, without knowing it.
- **How many people does MIKE help?**
 - Since 2004, MIKE has provided free screenings to more than 25,000 people.
 - About 25 percent of people we screen show signs of possible kidney damage, which can lead to kidney failure if not detected or treated.
- **Dates and Locations of MIKE Screenings**
 - We generally run MIKE screenings from March through November of each year.
 - You can contact the American Kidney Fund's toll-free HelpLine at 866-300-2900 or visit www.kidneyfund.org for a list of dates and locations.
- **Other kidney health resources**
 - Contact the toll-free HelpLine, 866-300-2900,
 - The HelpLine is available to English and Spanish speaking callers
 - The American Kidney fund has a comprehensive brochure series. There are over 15 titles in our brochure series, including Diabetes and Your Kidneys, and Living Well with Chronic Kidney Disease. The brochures are also available in Spanish.
 - Another resource is our website, www.kidneyfund.org.