Chronic Kidney Disease (APOL1-Related)

You may have received a report that shows 1 variant detected in your APOL1-related chronic kidney disease test.

**How to Use This Test**

The test evaluates for APOL1-related chronic kidney disease or any other health conditions.

- **Interested Users**:
  - If you are interested in learning more about APOL1-related chronic kidney disease or any other health conditions.
  - If you are interested in understanding how this test can help you.

- **Important Information**:
  - You are not at increased risk of developing APOL1-related chronic kidney disease.
  - You are not at increased risk of developing any other health conditions.

**You are not at increased risk of developing APOL1-related chronic kidney disease.**

We detected the CT variant in the APOL1 gene. This variant is not associated with an increased risk of chronic kidney disease.

It is estimated that at least 40% of adults in the U.S. will develop chronic kidney disease during their lifetime.

Your personal risk factors may include hypertension, diabetes, obesity, and family history.

**Lifestyle and other factors can also influence the chances of developing chronic kidney disease.**

- Healthy diet and regular exercise
- Maintenance of blood pressure and cholesterol levels
- Management of diabetes
- Avoiding smoking and alcohol use

See Scientific Details.

**About Chronic Kidney Disease**

The relationship between APOL1 and chronic kidney disease is not fully understood. However, recent studies have shown that certain genetic variations in the APOL1 gene may increase the risk of developing chronic kidney disease.

Click here to learn more about APOL1-related chronic kidney disease.

Learn more about APOL1-related chronic kidney disease.
Chronic Kidney Disease (AKI)-Related

Chronic Kidney Disease (AKI) is a condition in which the kidney function has been severely impaired over a long period of time. The kidneys play a crucial role in maintaining the health of the body, and chronic kidney disease can lead to various health complications if not managed properly. Here are some important points related to chronic kidney disease:

- **What is the cause?**
  - There are several causes of chronic kidney disease, including diabetes, high blood pressure, and glomerulonephritis.
  - Diabetes is a leading cause of chronic kidney disease, affecting about one in three people with diabetes.

- **What are the symptoms?**
  - Chronic kidney disease often has no symptoms until advanced stages, when it can cause fatigue, high blood pressure, and impaired thinking.

- **What are the treatments?**
  - Treatment options vary depending on the severity and cause of the disease.
  - In advanced stages, dialysis or kidney transplant may be necessary.

- **Prevention is key.**
  - Maintaining a healthy lifestyle, such as eating a balanced diet, regular exercise, and avoiding smoking, can help prevent chronic kidney disease.

- **Who is at risk?**
  - People with diabetes, high blood pressure, or a family history of chronic kidney disease are at higher risk.

This information is based on the latest research and guidelines from the American Society of Nephrology and other healthcare organizations.