



A MINUTE OF HEALTH WITH CDC

Stopping the Disease Spiral

World Kidney Day — March 10, 2011

Recorded: March 1, 2011; posted: March 3, 2011

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

When it comes to your health, one thing can lead to another. So it is with kidney disease, the ninth leading cause of death in the U.S. Diabetes is a major risk factor for developing kidney disease. In addition, people with kidney disease are more susceptible to developing and dying from heart disease. Controlling diabetes, blood pressure, and cholesterol can help prevent or delay the onset of kidney and heart disease. Eating a healthy diet, exercising consistently, and getting regular checkups can go a long way in reducing the risks for these and other health conditions.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.