



A MINUTE OF HEALTH WITH CDC

Kidney Health

National Kidney Month — March 2012

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This program is presented by the Centers for Disease Control and Prevention.

Kidneys are the body's cleansing system. When they aren't functioning properly, waste builds up which can lead to severe health problems. In the U.S., kidney disease affects more than 20 million people over the age of 20. Unfortunately, most people don't even know they have it. If left untreated, kidney disease can lead to kidney failure, which requires dialysis or transplantation. The major risk factors are diabetes and high blood pressure. Getting them under control can help prevent kidney disease. Talk to your health care provider to find out if you need to be tested for kidney disease.

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