A MINUTE OF HEALTH WITH CDC

Healthy Kidneys

National Kidney Month –– March 2014
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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Kidneys serve as the body's filtering system, removing waste and excess water from the blood. If your kidneys are damaged or don't function properly, you may develop severe health problems.

In the U.S., kidney disease affects about one in 10 adults and is the ninth-leading cause of death. The most common risk factors are diabetes and high blood pressure. Your chance of having kidney disease increases with age; it's most common in people over 70. Kidney disease often develops slowly and has few warning signs, so if you have diabetes or high blood pressure, it's important to get regular care to keep them under control.

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

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