



A MINUTE OF HEALTH WITH CDC

Preventing Kidney Disease

World Kidney Day — March 12, 2009

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

More than 26 million adults in the United States suffer from chronic kidney problems. The primary causes of chronic kidney disease are hypertension, or high blood pressure, and diabetes. These two conditions also make kidney patients susceptible to heart disease and stroke. Controlling hypertension and diabetes are important for preventing kidney problems later in life. Adults with these conditions should get regular checkups, keep their blood pressure and diabetes in check, consume a healthy diet, and exercise often. Such strategies can help prevent kidney disease, as well as promote overall good health.

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.