



## A MINUTE OF HEALTH WITH CDC

### *Kidney Health*

*World Kidney Day — March 11, 2010*

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Kidneys rid our body of waste products in the blood. When our kidneys aren't functioning properly, we're subject to health problems, such as high blood pressure, anemia, bone disease, and heart disease. Left untreated, kidney disease can lead to kidney failure and even death. Chronic kidney disease affects more than 26 million adults in the United States. The leading causes are diabetes and high blood pressure. Early detection through simple blood and urine tests can prevent more serious problems in the future. Controlling blood sugar and blood pressure can help reduce the chances of developing chronic kidney disease.

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

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