



A MINUTE OF HEALTH WITH CDC

Healthy Kidneys

National Kidney Month, March 2015

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

Kidney disease is among the leading causes of death in the U.S. More than one in 10 people over the age of 20 are impacted by this condition, and most don't know it. Left untreated, kidney disease can lead to kidney failure, requiring dialysis or transplantation for survival. The major risk factors for kidney disease include older age, diabetes, and high blood pressure. Controlling diabetes and blood pressure can prevent or delay the onset of kidney disease.

Check with your health care provider to see if you're among the millions of Americans who have kidney disease or are at risk of developing it.

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.