



A MINUTE OF HEALTH WITH CDC

Kidney Care

National Kidney Month — March 2018

Recorded: March 13, 2018; posted: March 15, 2018

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

Kidney diseases are the ninth leading cause of death in the United States. Common risk factors for chronic kidney disease include diabetes, high blood pressure, and heart disease. Control diabetes and high blood pressure to prevent or delay chronic kidney disease. Lifestyle changes, such as regular exercise, a healthy diet, and weight loss, can prevent or delay type 2 diabetes. Regular checkups can identify the early stages of chronic kidney disease. Early detection is important to manage or treat this condition and avoid serious health consequences. Ask your healthcare provider if you are at increased risk for chronic kidney disease.

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

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.