



A CUP OF HEALTH WITH CDC

Preventing Kidney Disease

World Kidney Day — March 12, 2009

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the MMWR, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Kidney disease is the ninth leading cause of death in the United States. More than 26 million U.S. adults suffer from chronic kidney problems.

Nilka Rios Burrows is an epidemiologist with CDC's Division of Diabetes Translation. She's joining us today to discuss ways to prevent kidney disease. Welcome to the show, Nilka.

[Ms. Burrows] Thank you. I'm happy to be here.

[Dr. Gaynes] Nilka, does kidney disease occur mostly in older adults?

[Ms. Burrows] Kidney disease can occur at any age, but cases occur more frequently in older age groups, among people age 60 years or older.

[Dr. Gaynes] What are the primary causes of this condition?

[Ms. Burrows] Diabetes and high blood pressure are the primary causes of kidney disease and these two conditions commonly occur together. Three out of four people who report having diabetes also report having high blood pressure.

[Dr. Gaynes] What are the symptoms of the onset of chronic kidney disease?

[Ms. Burrows] Kidney disease, like high blood pressure, is a silent condition. You may have it but not know it because you don't feel sick. So, if you have diabetes or hypertension, talk to your doctor about controlling these conditions and also about getting tested for kidney disease. Your doctor can do very simple tests, blood and urine tests, to find out if you have kidney disease.

[Dr. Gaynes] Nilka, what are the treatment options if you have chronic kidney disease?

[Ms. Burrows] Basically, to treat kidney disease, you treat the conditions that caused it. If you have diabetes, get your blood sugar levels under control. If you have high blood pressure, keep your blood pressure under control. A certain class of blood pressure medicines called *ACE Inhibitors* pulls double duty in that these drugs protect the kidney, in addition to lowering your blood pressure.

[Dr. Gaynes] Nilka, where can listeners get more information on chronic kidney disease?

[Ms. Burrows] Listeners can go to www.cdc.gov and do a search on the word “kidney.”

[Dr. Gaynes] Thanks Nilka. I’ve been talking today with CDC’s Nilka Rios Burrows about chronic kidney disease.

Controlling diabetes and high blood pressure can reduce your chances for chronic kidney disease. If you have either of these conditions, talk to your healthcare provider about testing for kidney disease.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.