



Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – Kidney Health

*Jennifer Shuemaker, M.D., nephrologist*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Kidney disease has been estimated to affect nearly 26 million Americans. Normal kidneys filter waste and excess fluids from your body. Chronic kidney disease or failure involves a gradual loss of kidney function. While advanced, chronic kidney disease can cause dangerous levels of fluids, electrolytes and waste to build up in your body.

[DR. SHUEMAKER]

Chronic kidney disease risk factors include diabetes, hypertension, heart disease, cancer and chemotherapy medications, and infections that can lead to chronic kidney disease.

[NARRATOR]

In the early stages of chronic kidney disease, you might have few signs or symptoms. You might not realize you have kidney disease until the condition is advanced.

[DR. SHUEMAKER]

Once you know you have chronic kidney disease, the next steps are making sure you're not on medications that could further harm your kidney function and also controlling conditions that are causing the chronic kidney disease. So, for example, if you have diabetes it's important to get your diabetes and your A1C under good, tight control.

Since chronic kidney disease has no signs or symptoms, it's very important for you to get your annual screening with your physician, including laboratory.

[MUSIC] [NARRATOR]

For more information, visit [MedCenterHealth.org](http://MedCenterHealth.org).

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