

Mayo Clinic Minute

Understanding chronic kidney disease

Video	Audio
	Our kidneys are vital organs with important jobs. They clean our blood, separate waste and remove extra fluid. But problems can arise.
LaTonya Hickson, M.D. Nephrology Mayo Clinic	“Now, when the kidneys are not functioning appropriately, you get a buildup of those waste products and extra fluid, and there are other changes that can happen like high blood pressure.”
	Dr. LaTonya Hickson, a nephrologist at Mayo Clinic says high blood pressure, diabetes and family history are risk factors for chronic kidney disease.
	“Chronic kidney disease is defined by a reduction in the kidney function numbers and/or an increase in the amount of protein that’s lost as waste into the urine.”
	Dr. Hickson says kidney disease can come on slowly, often showing no symptoms early on. But it can lead to kidney failure and other health problems.
	“Heart disease is the most common cause of death in individuals with kidney disease.”
	Dr. Hickson says lifestyle changes can help manage kidney disease. So start walking, eat a healthy diet with less salt, and don’t smoke.
	For the Mayo Clinic News Network, I’m Ian Roth.