



Health and Wellness Tip of the Week Week 12 – March 18, 2019

Understanding Kidney Disease

The best way to avoid kidney disease is to find it early and treat it. There are life changes you can make to lower your chance of getting kidney disease.

There are also a few health problems that raise your risk for getting kidney problems. About one of three adults with diabetes and one of five adults with high blood pressure may have chronic kidney disease. Other health issues such as heart disease, obesity and family history of kidney disease may add to your chances.

Talk to your doctor about a regularly scheduled kidney exam. Your doctor can suggest life changes to keep your kidneys healthy and at their best.

Source: Center for Disease Control and Prevention

City of Mission

Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631

Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

