

NATIONAL KIDNEY HEALTH MONTH
Carol Nwelue, MD, Internal Medicine, Baylor Scott & White Health

{**ON CAM**}

IF SOMEONE WERE TO ASK YOU - 'WHAT DO YOUR KIDNEYS DO?'
WOULD YOU KNOW THE ANSWER?

{**TAKE VO**}

TRT:

MARCH IS NATIONAL KIDNEY HEALTH MONTH - SO IF YOU'RE NOT SURE WHAT
YOUR KIDNEYS DO ... THIS IS A GOOD TIME TO LEARN.

YOUR KIDNEYS ARE RESPONSIBLE FOR REMOVING TOXINS FROM YOUR
BLOOD AND ARE ESSENTIAL TO GOOD HEALTH.

DOCTOR CAROL NWELUE [WELL-UH-WAY] SAYS PEOPLE OVER THE AGE OF
SIXTY OR THOSE WITH CERTAIN RISK FACTORS MAY NEED TO SCREEN FOR
KIDNEY DISEASE - SINCE IT IS DIFFICULT TO DETECT UNTIL THE ADVANCED
STAGES.

{**TAKE SOT**}

Carol Nwelue, MD

Baylor Scott & White Health

TRT: 14

Some of the patients that we're seeing are coming in with shortness of breath. With ex-
cess swelling, especially in the legs. They're not urinating as much. The urine is very
dark; they're very tired. These can be signs of kidney disease as well.

{**ON CAM**}

DOCTOR NWELUE SAYS RISK FACTORS FOR KIDNEY DISEASE INCLUDE HIGH
BLOOD PRESSURE AND DIABETES.