



URINE (BLOOD IN)

Red, pink, or brown urine; streaks or clots in urine

CAUSES

Iron supplements and some anti-diarrhea medicines may cause urine to appear as a reddish or brown color. Some red foods such as beets can also cause urine to appear red. This is not a serious condition and is different from actual blood in the urine.

BLADDER INFECTION

See page 102.

GLOMERULONEPHRITIS

Acute glomerulonephritis is an inflammation of the *glomeruli*, which are the bundles of tiny vessels inside the kidneys. Because these are damaged, the kidney is incapable of filtering excess water and waste products from the blood to make urine. Medical help should be sought as this is a serious problem.

Symptoms:

- Blood in the urine
- Swollen ankles, shortness of breath, fatigue, disturbed vision, high blood pressure

DO:

- Consult a doctor. Hospitalization and diet restriction may be required to restore proper kidney function.

DON'T:

- Don't be afraid to discuss symptoms with a doctor.

KIDNEY STONE

Kidney stones are pebble-like obstructions that interfere with normal urination. They are solid particles found in various areas of the urinary system and made up by excess salt crystals found in the bloodstream. Kidney stones can be very tiny and cause little or no damage and can even pass in the urine. Bigger ones cause pain and bleeding when it leaves the kidney.

It is said that kidney stones are caused by insufficient water intake and eating salty foods.

Symptoms:

- Severe pain in the back over the affected kidney which spreads downwards towards the abdomen. The pain may build up, disappear and then return.
- Pain when urinating
- Traces of blood in the urine
- Fever or tenderness in painful area

DO:

- Drink plenty of water to flush out toxins from the kidneys. Try drinking coconut water, one of the best diuretics in the world.
- Eat plenty of fruits and vegetables, preferably potassium-rich ones such as potatoes, oranges, lima beans, and bananas.
- Consult a physician immediately if symptoms are present.

DON'T:

- Don't eat salty food.

OTHER CAUSES

Other causes may include sexually transmitted diseases or a urinary tract tumor.