Kidney & Urinary Health

The kidney and urinary tract make up the urinary / renal system that cleanses the blood and rids the body of excess water and waste in the form of urine. The urinary tract consists of two kidneys, two ureters (one from each kidney), tubes that drain urine from the kidneys into the bladder (a storage sac), and the urethra. Muscles help control the release of urine from the bladder.

The kidneys receive blood from the aorta, filter it, and send it back to the heart with the right balance of chemicals and fluid for use throughout the body. The urine created by the kidneys is moved out of the body via the urinary tract.

The kidneys control the quantity and quality of fluids within the body. They also produce hormones and vitamins that direct cell activities in many organs; the hormone renin, for example, helps control blood pressure. When the kidneys are not working properly, waste products and fluid can build up to dangerous levels, creating a life-threatening situation. Among the important substances the kidneys help to control are sodium, potassium, chloride, bicarbonate (HCO3-), pH, calcium, phosphorus, and magnesium.

Hide

Kidney Function Metabolic

CREATININE, RAN... 148
(mg/dL)
Range: 20-275

CREATININE, RANDOM URINE
(mg/dL)

ALBUMIN, URINE 1.3
(mg/dL)
Range: SEE NOTE:

ALBUMIN, URINE
(mg/dL)

Result Comments

Reference Range:

Reference Range
Not established

ALBUMIN/CREATI... 9

ALBUMIN/CREATH...
(mg/g creat)

Range: <30

ALBUMIN/CREATININE RATIO, RANDOM URINE

(mg/g creat)

Result Comments

The ADA defines abnormalities in albumin excretion as follows:

Albuminuria Category	Result (mg/g creatinine)
Normal to Mildly increased	<30
Moderately increased	30-299
Severely increased	> OR = 300

The ADA recommends that at least two of three specimens collected within a 3-6 month period be abnormal before considering a patient to be within a diagnostic category.