## 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.

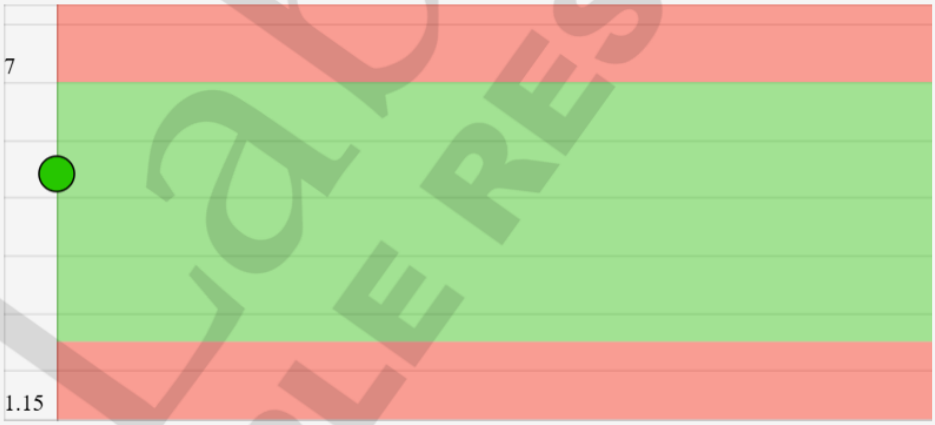
### Kidney Function Metabolic

| URIC ACID (mg/dL) | 5.4 | Range: 2.5-7.0 |
|---|---|---|

### URIC ACID

(mg/dL)

Uric acid is a chemical created when the body breaks down substances called purines. Purines are found in some foods and drinks. These include liver, anchovies, mackerel, dried beans and peas, and beer. Most uric acid dissolves in blood and travels to the kidneys. From there, it passes out in urine. If your body produces too much uric acid or doesn't remove enough if it, you can get sick. A high level of uric acid in the blood is called hyperuricemia.




#### Result Comments

Therapeutic target for gout patients: <6.0 mg/dL