

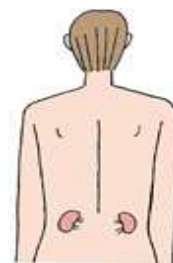
Abnormal Urine Test Results

■ What Does a Urine Test Check?

Urine tests are used to check whether your urine contains glucose, protein or blood cells. Their main purpose is to look for symptoms of kidney or urinary system disease.

■ What Does a Kidney Do?

The human body has two kidneys, located slightly above the hips and behind the abdomen. Each kidney is about the size of a fist and weighs around 150 grams. These bean-shaped organs function to filter blood and remove waste from the body by creating urine, and also play other important roles in keeping you alive and healthy.



■ 3 Important Functions of Kidneys

1. To filter and clean the body's blood by removing waste and toxins.
2. To maintain a proper balance of electrolytes (such as sodium, potassium, and magnesium) and fluids in the body. While fluids and electrolytes are necessary for the body, having too much or too few of either can create health problems. Kidneys adjust the amounts of each to keep the body's internal environment stable.
3. To secrete hormones that produce red blood cells and regulate blood pressure, and to activate vitamin D in the body. Kidneys also help the body absorb bone-building calcium.

■ What are Some Common Symptoms of Kidney Conditions?

Many people show no initial symptoms of kidney conditions. As the condition progresses, however, some of the following symptoms may appear:

- Abnormal urine color (e.g. red, dark, cloudy)
- Body swelling (e.g. increase in weight, difficulty bending legs)
- Abnormally high blood pressure
- Urinating many times during the day
- Unexplained anemia (low red blood cell count)
- Pain in the lower back area
- High fever

*Please come to the Health Clinic if your urine test results were abnormal and you have any of the above symptoms.

■ Everyday Health Tips

- If your urine test results were abnormal and the Health Clinic recommends getting retested, be sure to do so – even if you have no symptoms – just to make sure the results were not caused by any kidney conditions.
- Get enough sleep at night and try to maintain a regular rhythm in your daily life.
- Find effective ways to deal with stress
- Come to the Health Clinic for consultation if you experience body swelling, fatigue, lack of appetite or nausea, difficulty breathing, trouble sleeping, headaches, or feelings of numbness anywhere on your body.
- For females in particular, watch for signs of bladder inflammation.

Please feel free to come to the Health Clinic anytime you have health concerns.



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