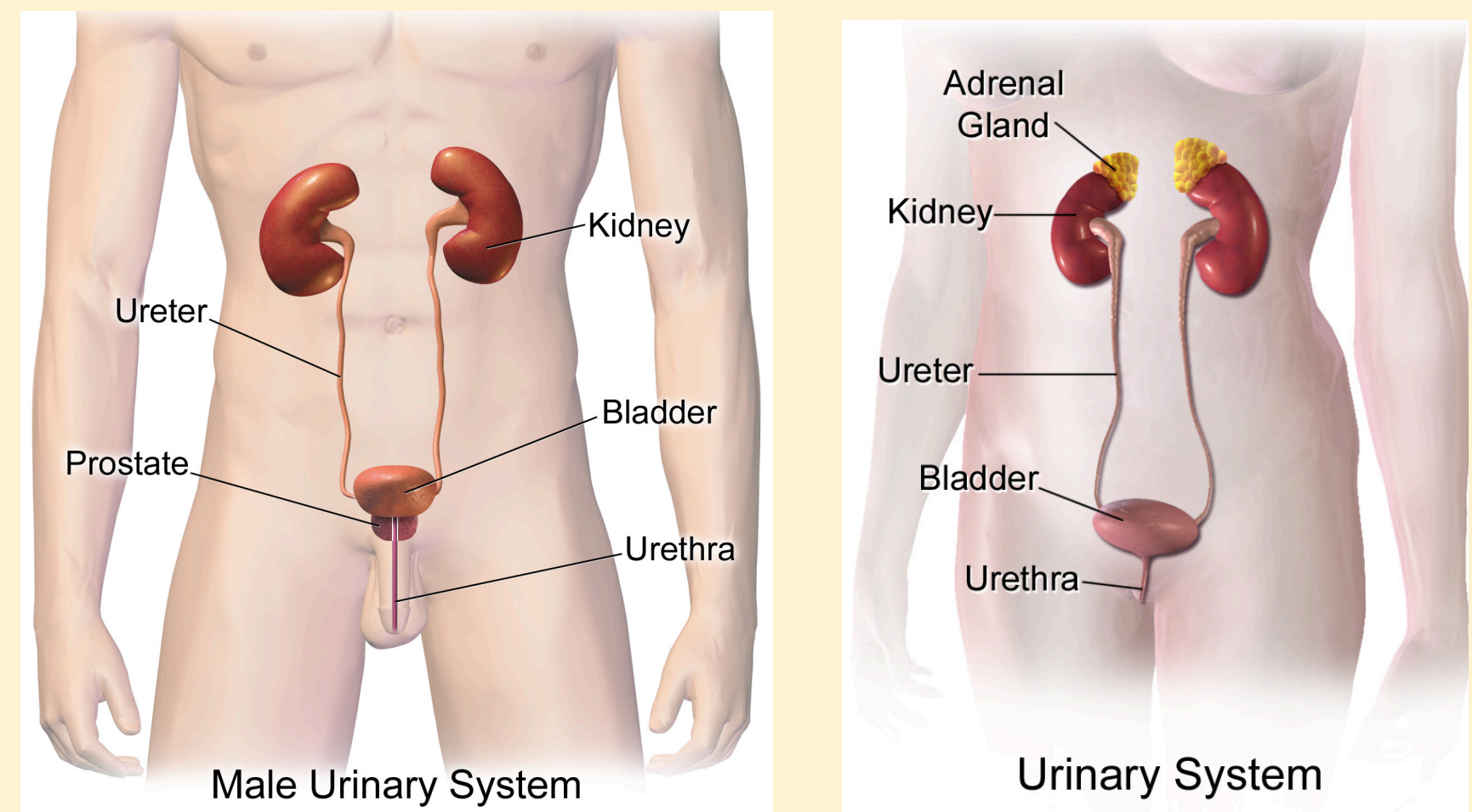


# URINARY SYSTEM

## What is urinary system?

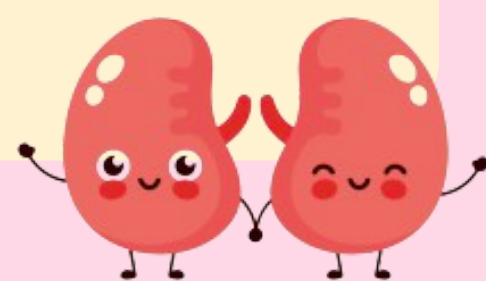
The urinary system's function is to filter blood and create urine as a waste by-product.

The organs of the urinary system include:

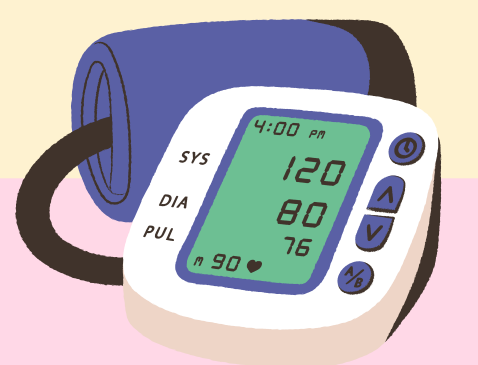


## Function:

The kidneys remove waste and excess fluid from the blood, and produce urine that leaves the kidneys, passes through the ureters, and is stored in the bladder until it leaves the body through the urethra.



**High blood pressure** makes the kidneys stop removing waste and excess fluid from the body, this can lead to kidney failure.



## SYMPTOMS OF URINARY TRACT CONDITIONS:

- Pain when you pee
- Abnormal pee colour
- Pain in your abdominal region
- Fever, muscle aches and general feeling of unwellness

## RECOMMENDATIONS

- Drink plenty of water
- Consume low salt diet
- Keep your genital area clean

## WHAT DOES YOUR URINE COLOUR INDICATES?

- **Normal, healthy urine** has a transparent yellow colour.
- Honey coloured urine means you **need more water**.
- A brownish colour may indicate a **liver problem**.
- Pinkish or red urine may mean **blood in the urine**.

