

7

Name: Jeremiah Joan

**Matric no: 18/
mhs02/097**

Course code: phs 212

Question

Discuss the disease of renal system

Renal system disease, any of the **diseases** or **disorders** that affect the human **urinary system**. They include benign and malignant tumours, infections and inflammations, and obstruction by calculi. organs of the **renal system**Organs of the **renal system**.

Causes

Common causes of urinary disorders include:

- Benign prostatic hyperplasia (enlargement of the prostate)
- Cancers or benign tumors.
- Dehydration.
- Infections of the urinary tract.
- Interstitial cystitis (conditions involving chronic inflammation of the bladder)
- Kidney diseases.
- Kidney or urinary tract stones.

Common symptoms of urinary disorders include abdominal, pelvic, or lower back pain or discomfort; **blood in the urine**; changes in the urine; difficulty producing urine; fever and chills; frequent **urination**; leaking of urine; and urgent need to urinate.

Prevention

Urinate frequently. This flushes bacteria out of the bladder and may reduce the risk of cystitis in those who are prone to **urinary** tract infections. ...

Avoid fluids and foods that irritate the bladder, such as alcohol, citrus juices, drinks containing caffeine and spicy foods. Also avoid smoking during this time.