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DEPT: NURSING  
ASSIGNMENT TITLE: RENAL SYSTEM**

**QUESTION**

Discuss the diseases of the renal system

**ANSWER**

**DISEASES OF THE RENAL SYSTEM**

**INCONTINENCE**: is another common disease of the urinary system. "The most common bladder problems I see in my practice in women are frequent urges to urinate and leakage of urine," said S. Adam Ramin, urologic surgeon and founder of Urology Cancer Specialists in Los Angeles. "The most common bladder problems in men are frequent urination at nights and incomplete bladder emptying. This is usually due to an enlarged prostate causing obstruction of bladder emptying. Problems can come in the form of a pelvic prolapse, which can result in leakage and can be the result of a vaginal delivery. Then there is the overactive bladder, "which we see a lot and is not related to having children or trauma," Oscar Aguirre said. A third condition involves overflow, in which the bladder does not completely empty. "Holding your urine for a short period of time, usually up to one hour, is typically okay," said Ramin. "However protracted and repeated holding of urine may cause over-expansion of bladder capacity, transmission of excess pressure into the kidneys, and the inability to completely empty the bladder. These problems in turn may lead to UTI [urinary tract infection], cystitis and deterioration of kidney function. "Some common treatments involve medications, physical therapy and pelvic mesh surgery, Aguirre noted. Vaginal laser surgery is also becoming a viable treatment option, he explained. "In another 10 to 15 years, vaginal laser surgery will be another common option for the treatment of urinary conditions.

**INTERSTINAL CYSTITIS (IC)**: also called painful bladder syndrome, is a chronic bladder condition, primarily in women, that causes bladder pressure and pain and, sometimes, pelvic pain to varying degrees, according to the Mayo Clinic. It can cause bladder scarring, and can make the bladder less elastic. While the cause isn't known, many people with the condition also have a defect in their epithelium, the protective lining of the bladder. Prostatitis is a swelling of the prostate gland and, therefore, can only occur in men. Often caused by advanced age, symptoms include urinary urgency and frequency, pelvic pain and pain during urination, the Mayo Clinic noted.

**KIDNEY STONES**: are clumps of calcium oxalate that can be found anywhere in the urinary tract. Kidney stones form when chemicals in the urine become concentrated enough to form a solid mass, according to the Cleveland Clinic. They can cause pain in the back and sides, as well as blood in the urine. Many kidney stones can be treated with minimally invasive therapy, such as extracorporeal shock wave lithotripsy, which disintegrates the kidney stones with shock waves.

**KIDNEY FAILURE**: also called renal failure and chronic kidney disease, can be a temporary (often acute) condition or can become a chronic condition resulting in the inability of the kidneys to filter waste from the blood. Other conditions, such as diabetes and hypertension, can cause chronic kidney disease, according to the Mayo Clinic. Acute cases may be caused by trauma or other damage, and may improve over time with treatment. However, renal disease may lead to chronic kidney failure, which may require dialysis treatments or even a kidney transplant.

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**BLADDER CANCER**: is diagnosed in about 75,000 Americans each year and is more frequent in men and the elderly according. It is predicted that 81,190 new cases of bladder cancer (about 62,380 in men and 18,810 in women) and bout 17,240 deaths from bladder cancer (about 12,520 in men and 4,720 in women) will occur in 2018, according to American Cancer Society.  The symptoms, including back or pelvic pain, difficulty urinating and urgent/and or frequent urination, mimic other diseases or disorders of the urinary system.