

Urinary Tract System

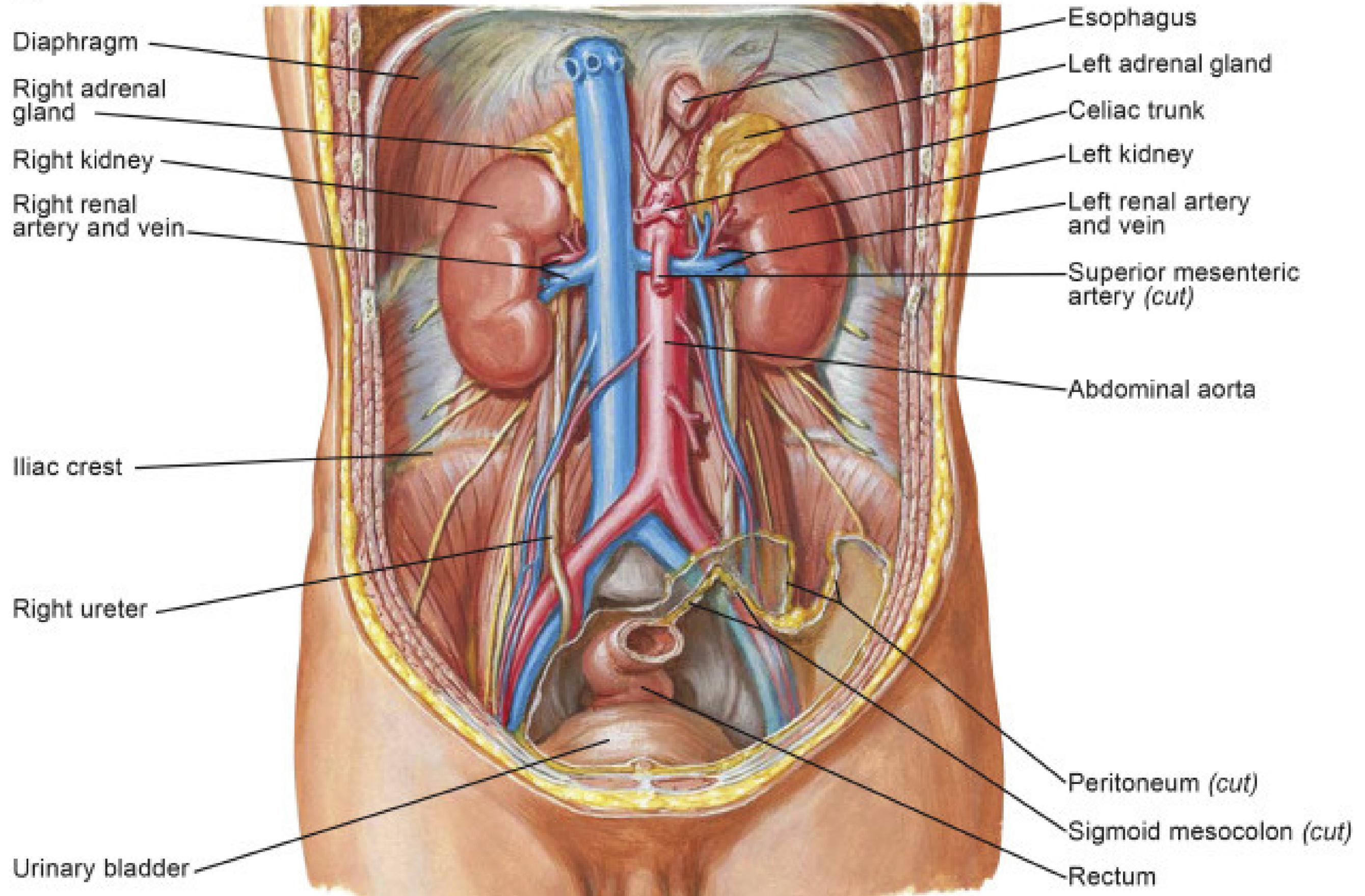
SACRED MODEL OF MIDWIFERY BY DR GAURI

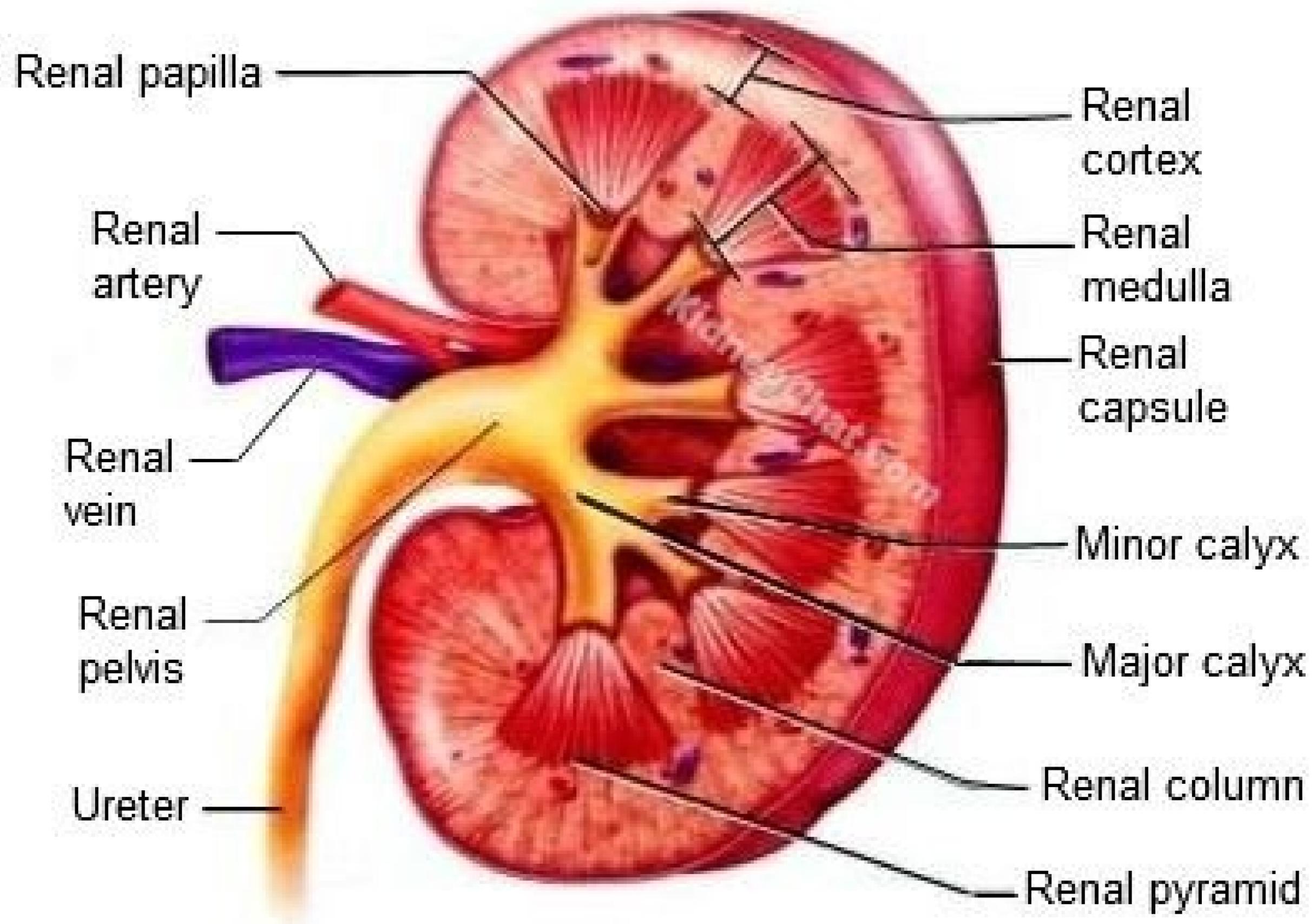
Kidneys

Ureters

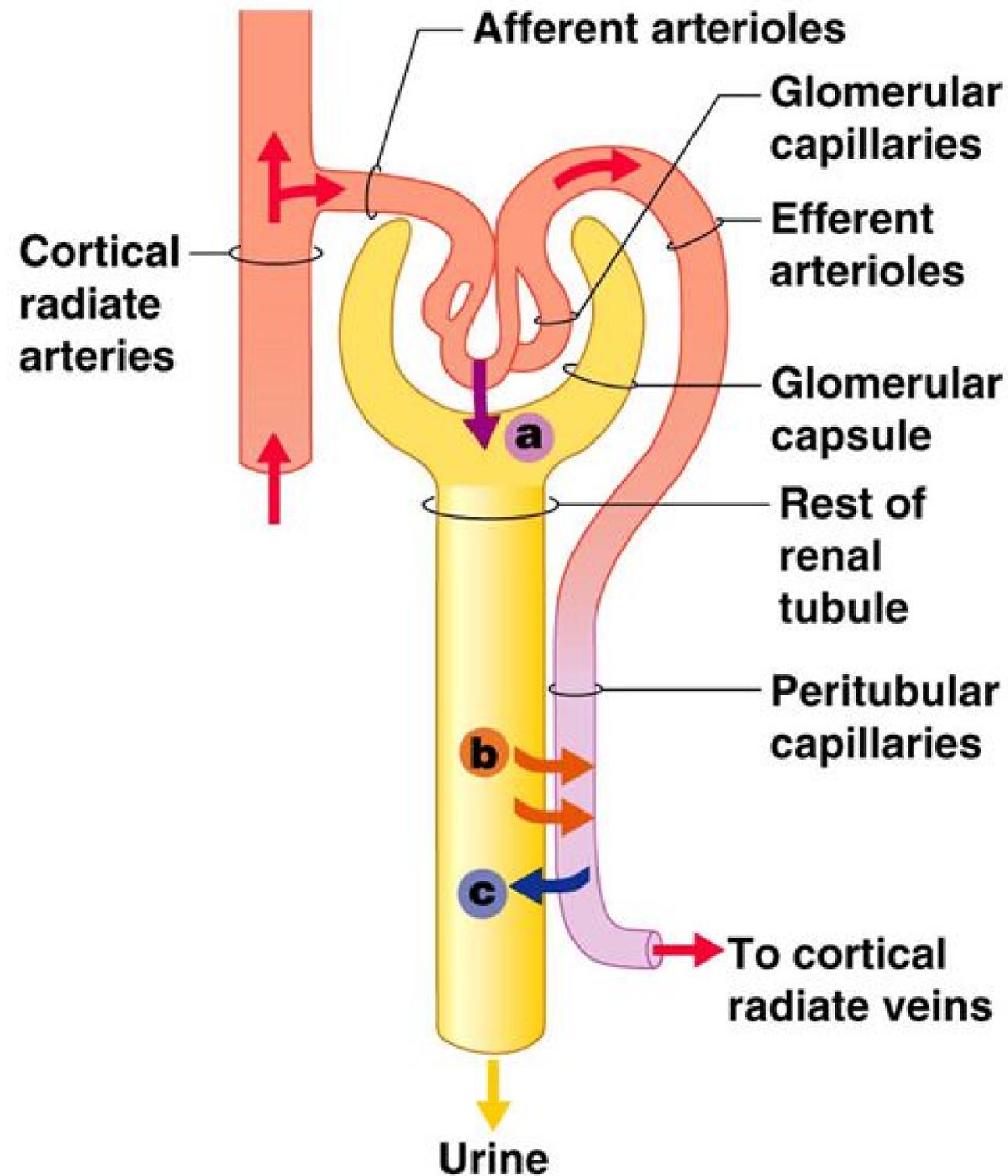
Bladder

Urethra





Urine Formation



KEY:

a **Glomerular Filtration:** Water and solutes smaller than proteins are forced through the capillary walls and pores of the glomerular capsule into the renal tubule.

b **Tubular Reabsorption:** Water, glucose, amino acids, and needed ions are transported out of the filtrate into the tubule cells and then enter the capillary blood.

c **Tubular Secretion:** H^+ , K^+ , creatinine, and drugs are removed from the peritubular blood and secreted by the tubule cells into the filtrate.

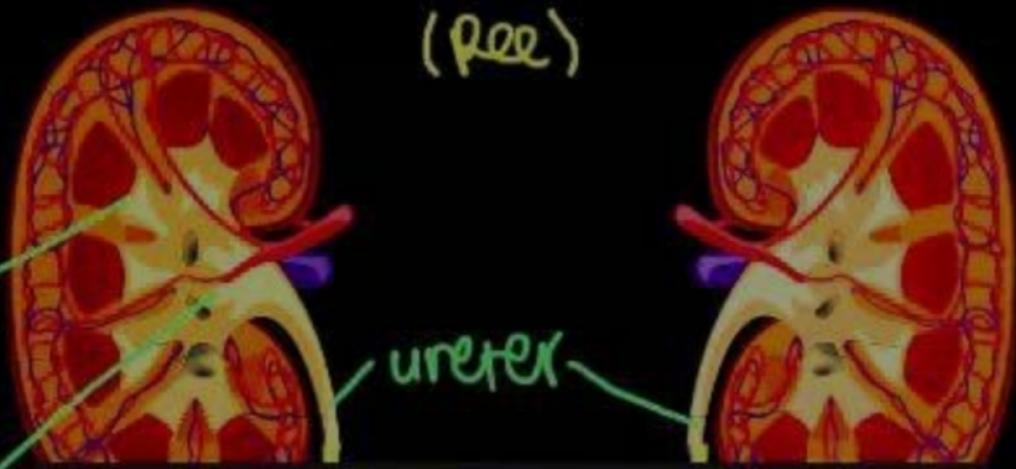
Kidneys function

- Help remove waste and excess fluid
- Filter the blood, keeping some compounds while removing others
- Control the production of red blood cells
- Make vitamins that control growth
- Release hormones that help regulate blood pressure
- Help regulate blood pressure, red blood cells, and the amount of certain nutrients in the body, such as calcium and potassium.

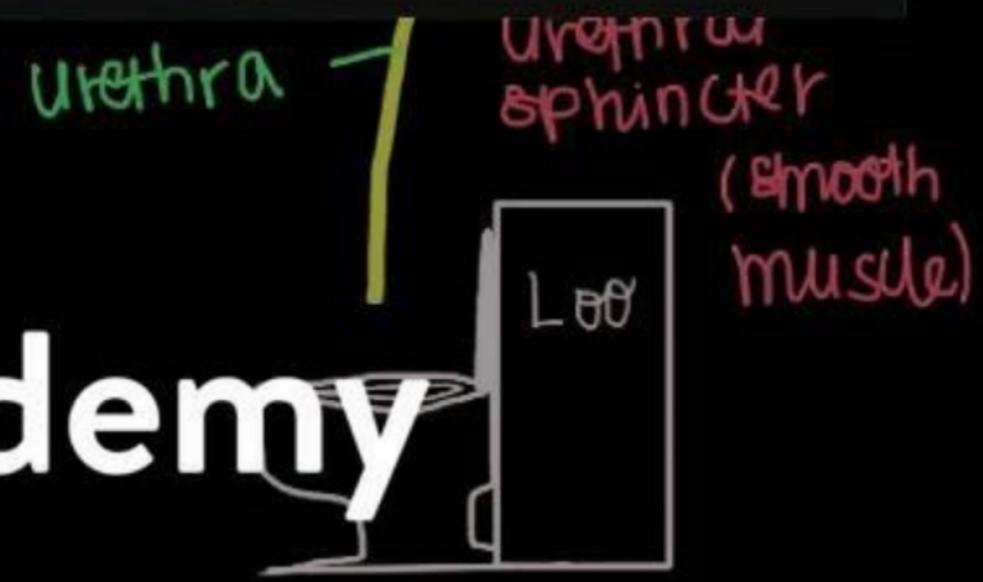
Some facts

- Kidneys filter 180 litres of blood daily
- Bladder excretes 800 - 2000ml urine daily
(if drinking 2 litres daily)

Micturition
(pee)



Urination



Khan Academy

Changes during pregnancy

- Increased blood volume {30% increase)
- Hormones altering blood pressure and filtration
- As well as muscle dilation and increase in urinary stasis
- Results in Increased glomerular filtration
- This means increase in urine production
- And certain tiny particles may filter through with the urine (more than usual)
- Mechanical obstruction on ureters

Pregnancy affects Kidneys

- Blood pressure
- Diabetes
- Hyperemesis gravidarum
- Preeclampsia and HELLP

Bladder during pregnancy

- Flattened due to space
- Increase in pressure
- Increase in frequency
- Increase in urgency
- Stress incontinence
- Increase urine production

RESOURCES

- **Treating Bladder infections Naturally** by Aviva Romm
- **Aviva Romm's podcast - from 11' Treatments and Prevention**
- **Urination explained (video).**