



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

6/6: Urine

What Your Urine Might Be Telling You?

So often we are told to listen to our bodies. However, it also helps to LOOK at what our bodies produce. Who knew that urine could come in so many different colors! Here's what those colors could mean:

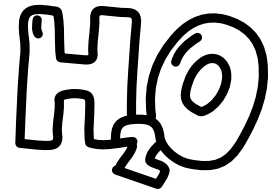


Clear

You're probably fine if your urine looks like this. In some cases, you could be drinking a bit too much water. This can lower essential minerals and salts, like electrolytes.

Pale Yellow

If your urine is this color, you're likely healthy and drinking enough water.



Dark Yellow

This can be normal, but you probably need to drink more water ASAP. You're likely dehydrated or close to it.

Bright Yellow

Is your urine so yellow it looks like a neon light? Supplements may be the reason. Your urine could turn this color if you take a lot of them, especially vitamin B2, also called riboflavin.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Orange

Too much of certain nutrients like vitamin C and carotene might cause this color. So can medications like phenazopyridine (to numb your bladder) or an antibiotic called rifampicin. Also, if you have liver disease, a substance called bilirubin can build up in your urine and turn it orange.



Light Brown

Light-brown urine can be a sign of serious dehydration. Other conditions like jaundice, Gilbert's syndrome (a liver disorder), and kidney disease or failure can also turn urine a light brown.

Extreme exercise or working out in very hot or cold weather can break down muscle fiber. This is called rhabdomyolysis. Rhabdomyolysis occurs when damaged muscle tissue releases its proteins and electrolytes into the blood. The waste from this breakdown turns your urine a brownish or tea color. It can also be a side effect of taking statin medications commonly used to lower cholesterol.

Rhabdomyolysis is a serious and life-threatening condition. Seek immediate medical attention by going to the emergency room. The key is early detection and early hydration.

Dark Brown

Foods like fava beans and rhubarb can cause dark brown urine, especially if you eat a lot of them. However, it could also be a sign of liver or kidney problems. Certain antimalarial drugs (chloroquine and primaquine), antibiotics (metronidazole and nitrofurantoin), methocarbamol (a muscle relaxant), or laxatives with cascara or senna can also turn your urine dark brown.

As already noted under light brown urine, dark brown urine can be serious. It may signify the progression of rhabdomyolysis. Seek immediate medical attention!

Red or Pink

Your urine can become red or have a pinkish tint if you consume a diet of red-colored fruits like rhubarb or berries or vegetables like beets. If your urine is reddish but you have not recently consumed these foods, seek medical attention.

Blood may also cause the urine to be reddish. There are many conditions that can cause blood in the urine. These include injury, urinary tract infection, kidney stones, tumors, or excessive physical exercise. If you suspect you have blood in your urine you should contact your physician immediately.

Green

Food coloring is usually the reason, but it could also be from eating asparagus. The bacteria *Pseudomonas*, which causes urinary tract infections, can also turn your urine green. So can the drug propofol.

Blue

Tests that show how well your kidneys and bladder work use dyes that will turn your urine blue. Medications like amitriptyline, indomethacin, cimetidine, and promethazine can turn urine blue or bluish-green.

Cloudy or white

Milky-looking urine may be caused by bacteria, crystals, fat, white or red blood cells, or mucus in the urine. Another cause is proteins or minerals like calcium or phosphate in your body.

If you feel pain and have cloudy white urine, you may have a urinary tract infection or kidney stones. Drink more water or cranberry juice and call your doctor, especially if you have a fever and chills.

Foamy

Sometimes urine looks a little foamy just from hitting the water. Tell your doctor if this happens regularly. Foamy urine can signify infection or kidney stones. It can also mean there is protein in the urine. When the body's filtration system is damaged (most commonly by diabetes or hypertension), protein molecules enter the urinary stream.

Note: Did you notice how often hydration came up in this article? For a more thorough discussion of this subject, please see [Elite's Health Topic of the Week for 12/27/21](#). Also, if there are health topics you'd like to see in the future, please advise.

I thought I would end this weekly health topic on a humorous note. Men, be glad you're not a lobster! Male lobsters' bladders are in their heads. When they fight, they squirt each other in the face with urine.

