



# The Kidney Corner: Hematuria: blood in the urine

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The presence of blood in the urine is always a worrisome event. In this edition of the Kidney Corner we will discuss some of the causes of this problem.

When blood leaks into the urine it is usually plainly visible. The addition of only a few drops of blood in a litre of urine will make it appear red. Sometimes, however, blood can be present in the urine in such small amounts that it can be detected only by clinical tests of the urine. This is sometimes done using a "Dipstik" test strip designed for this purpose, or by examining the urine under a microscope ("microscopic hematuria"). Some foods, most notably beets, can discolor the urine red, giving the appearance of bloody urine. However, the dye which enters the urine as a result of eating a lot of beets is completely benign. Some drugs can also cause red or orange urine. And sometimes urine which is extremely concentrated, as might happen with severe dehydration, can look dark enough to look like blood. Urine testing in the clinic can quickly determine whether blood is really present in the urine. Bleeding from the "lower"



urinary tract is common. Tumours, infections and other lesions in the bladder are common causes of visible hematuria. Urine infections usually cause burning and frequency of urination, while bladder tumors may not cause any symptoms other than the blood in the urine.

Kidney stones frequently cause some bleeding. Most people passing a kidney stone have significant pain, though occasionally stone passage may not cause any symptoms at all. Kidney stones are usually easily diagnosed by CT scanning.

Kidney tumors often present with blood in the urine before any other symptoms are present. Once again, the usual way to make the diagnosis is by CT scan

or ultrasound. It's important to diagnose and treat kidney cancer as early as possible to prevent spread of the tumor, so blood in the urine should never be ignored!

Another common cause of blood in the urine is glomerulonephritis, inflammation of the glomeruli, or filtering parts of the kidneys. Glomerulonephritis can take many different forms and it includes diseases such as lupus and vasculitis. A very common type of glomerulonephritis, particularly in Native American patients, is called IgA nephropathy. This disease may present with intermittent blood in the urine, which sometimes occurs after an upper respiratory tract infection (ie a "cold"). Fortunately, most people with IgA nephropathy don't get severe kidney failure as a result of the illness but a small proportion may have a more severe form of the disease which can result in end stage kidney disease requiring dialysis or transplantation.

So, hematuria (blood in the urine) can have many different causes. The important point is to always have the problem thoroughly evaluated by your medical caregiver to determine the cause. Many of the causes are treatable. It's not a symptom to ignore!

## Veterans air concerns



photo Ace Stryker/SU DRUM

Southern Ute Veterans Association members Roderick Grove and Howard D. Richards Sr., also a Southern Ute Indian Tribal Council member and former chairman, made a trip to Durango on Wednesday, April 4 for a roundtable discussion at the Veterans of Foreign Wars building with U.S. Democratic Sen. Michael Bennet. Bennet took questions on delays in delivering benefits promised to veterans and promised further action.

## For making a difference



photo Ace Stryker/SU DRUM

Jimmy R. Newton Jr., chairman of the Southern Ute Indian Tribal Council, called Social Services Case Worker Lark Goodtracks into his office on Friday, April 6, to express appreciation for a job well done. Newton presented Goodtracks with a Pendleton blanket in recognition of his ongoing attempts to make a difference in the lives of tribal members.

## Sexual Assault Awareness Month Events!

Call SASO for more information 970-259-3074

### Schedule of Events

**SAAM Film Series III – Trust:** April 23 at 6 p.m., Noble 130, FLC

• The third film in our film series explores the transcendent power of creativity and common stories that are rarely told. Thru the eyes of a young Hondurena healing her history of rape and incest takes place while building trust within the theatre arts.

**Universal Dance Project – Salsa Night:** April 26 at 7 p.m., Moe's Starlight

• Quieras bailar? Tonight Moe's will have Salsa instructors ready to teach you how to shimmy and sizzle. Cover will be \$5 and there will be door prizes! Proceeds go to benefit SASO.

**Day of Hope and Healing:** April 27 All day, Downtown Durango

• Guilt free shopping at its best! Support local businesses and a portion of their sales will come directly to SASO. More information will be coming soon so keep your eyes peeled and come spend money for a good cause.

**Los Monologues de la Vagina:** April 27 at 7 p.m., Henry Strater Theatre

• How to better the end of a shopping than to sit down and enjoy a little theatre. For the second year in a row, SASO and CSVP are bringing Eve Ensler's hit play The Vagina Monologues to Durango but we do it in Spanish! Join us for this amazing treat!

# Spring Whitening!

**New Patients receive FREE whitening!**

Or, refer a friend and you and your friend get **FREE whitening** (a \$259 value)!  
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## Diabetes & Health Education SPRING into Health Series!

Shining Mountain Diabetes Program  
& Southern Ute Health Center

Activate your Health & Wellness

Please join us for an 8-week series on topics related to health, diabetes, pre-diabetes, and prevention! We will have a variety of health professionals to share information & answer questions.



**12 – 1 at Sky Ute Casino**  
Conference Room 2  
(Vida Peabody Room)  
**Thursdays April 26 – June 14**

(Best parking near bowling entrance)

Classes are Free & Family Members are Welcome

You may attend any or all of the classes – no need to enroll... just show up!

Refreshments will be served.



For Questions: please contact

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Dr. Larron Dalence :563-0100 ext 2353

(topics may be subject to change based on attendee requests & staffing)

**April 26, 2012:** Diabetes Survival Skills & Basics

**May 3, 2012:** Medications & Insulin... Get the Facts!

**May 10, 2012:** Exams & Prevention of Complications

**May 17, 2012:** Kidney Health & Blood Pressure

**May 24, 2012:** Pre-Diabetes

**May 31, 2012:** Stress, Depression, & Mental Health

**June 7, 2012:** Let's Move It! Physical Activity... Attitude, Low impact exercise, & Burning Calories

**June 14, 2012:** What should I eat? Nutrition for Prevention and Diabetes Management

\*Participants who attend 5 out of the 8 sessions will receive a free gift after series completed