

RELATIONSHIP BETWEEN HUMAN BODY WEIGHT AND URINE PROTEINS

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ABSTRACT

The objective of this study was to interlink human body weight and urine proteins. The presence of proteins in urine is known as proteinuria. Those people who are suffering from proteinuria, their urine have abnormal amount of protein. This is an indication of the kidney disease. There are certain risk factors may include, medication, trauma, injury, any kind of toxic compound, any kind of infection, immune system disorder, multiple myeloma, amyloidosis and preeclampsia. A person is obese who has body mass index is greater than 30. To sustain of a body at a specified limit we must regularize our eating pattern. To prolong or reducing our eating time is a good for our health. Their urine samples were analyzed for the urinalysis by using a dip stick method. it was noted that the color of the stick and then took readings for proteins present in urine. A project was designed which contain a questionnaire, and asked the participants about their proteins in urine and their body weight. 6% males and 12% females had protein in their urine. It was concluded that 9% males had proteins in urine and 12% females had protein in their urine and majority in the weight range of 50kg-60kg and 40kg-60kg, respectively.

Keywords: Proteinuria, Protein in urine, Body weight.

INTRODUCTION

The presence of proteins in urine is known as proteinuria. Those people who are suffering from proteinuria, their urine have abnormal amount of protein. This is an indication of the kidney disease. As normal functioning kidney does not allow the proteins to pass through filters. Renal disease may cause damage to filters and protein substances like albumin, get leakage from blood into the urine. Over production of protein in urine also results in proteinuria. Physical examination is done to analyze these conditions because renal disease have no earlier symptoms. Proteinuria, risk factors may include diabetes and hypertension. Both these conditions paved the way to proteinuria. There are certain risk factors may include, medication, trauma, injury, any kind of toxic compound, any kind of infection, immune system disorder, multiple myeloma, amyloidosis and preeclampsia. Adult body weight is 62Kg averagely. A person is obese who has body mass index is greater than 30. To sustain of a body at a specified limit we must regularize our eating pattern. To prolong or reducing our eating

time is a good for our health. We must use vegetables regularly to avoid fatty deposition in our body. To minimize the chances of the weight gain, one should use soup that is low in calories. There are different supplements to reduce weight such as oats and barley. If someone want to increase body weight, care rich food is necessary. Eating seeds that one plenty of fat content rich, help body to increase weight.

The objective of this study was to interlink human body weight and urine proteins.

MATERIALS AND METHODS

Measurement of Urine Proteins

In our study, we collected samples of urine of 100 persons including both male and female. Their urine samples were analyzed for the urinalysis by using a dip stick method. We noted the color of the stick and then took readings for proteins present in urine.

RESULTS

Results were obtained, reflected that there are less percentage of those individuals who had protein in urine. In males, individuals who had body weight of 50kg-60kg had urine proteins which was 6%.

Table 1: Relationship between body weight and proteins in urine

Male(kg)	Urine Proteins Positive (%)	Urine Proteins Negative (%)
40kg-50kg	1	3
50kg-60kg	6	10
60kg-70kg	1	4
70kg-80kg	1	3

In females, there were larger percentage as compared to males, females having body weight of 40kg-50kg and 50kg-60kg had 5% proteins in urine.

Table 2: Relationship between body weight and proteins in urine

Female(kg)	Urine Proteins Positive (%)	Urine Proteins Negative (%)
40kg-50kg	5	23
50kg-60kg	5	27
60kg-70kg	1	5
70kg-80kg	1	3

DISCUSSION

In this project, a questionnaire was designed, and asked the participants about their proteins in urine and their body weight. Most of them were unaware about these conditions. For this purpose, samples were collected and gave training them how to do check the to do urinalysis on regular bases. A dip stick method was an easy method and easy to operate/perform.

Presentations were conducted about this kind of disorders who had proteins in their

urine. they were asked about they had proteins in their urine, as it is an indication of kidney disorder. Kidneys may not be functioning properly. Presence of protein in urea is known as proteinuria. Main factors that were the cause of this disorder was hypertension and diabetes. To control tis disease, we must control our blood glucose level and blood pressure. As these both conditions are very dangerous and caused the disease to the stage that cause death.

CONCLUSION

It was concluded that 9% males had proteins in urine and 12% females had protein in their urine and majority in the weight range of 50kg-60kg and 40kg-60kg, respectively. So, results were significant.

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