

# Genitourinary System Worksheet

## Anatomy

### A Word formation

- 1 The urinary system plays a major role in the \_\_\_\_\_ (eliminate) of waste from the body.
- 2 The \_\_\_\_\_ (out) layer, or cortex, of the kidney contains millions of microscopic units called...
- 3 From the renal tubules, the urine is \_\_\_\_\_ (empty) into the renal pelvis.
- 4 The release of urine is called \_\_\_\_\_ (urine) or micturition.
- 5 Urinary retention means \_\_\_\_\_ (able) to empty the bladder.

### B Multiple choice

- 1 The urinary system ..... of two kidneys, two ureters, the urinary bladder and a urethra.  
A consists      B comprises      C contains      D composes
- 2 Kidneys are of critical importance ..... maintaining the state of internal balance known as homeostasis.  
A by              B at              C on              D in
- 3 The ..... of urine, called micturition or urination, is regulated by two sphincters.  
A lacking      B voiding      C avoiding      D wanting
- 4 The upper sphincter functions involuntarily; the lower sphincter is under ..... control.  
A unconscious      B subconscious      C conscious      D underconscious
- 5 A nephron is a microscopic ..... unit of the kidney.  
A function      B functionary      C functional      D functioning

## Pathologies

### A Listen and decide if these statements are true or false.

- 1 Kidney stones occur more commonly in men than women.
- 2 There are three main reasons why kidney stones develop.
- 3 Large stones usually do not get stuck in the kidney, but can cause infection.
- 4 When there's an infection, drinking a lot of water and taking medicine is the basic treatment.
- 5 In some cases, traditional surgery is still used.
- 6 Once got rid of, kidney stones never occur again.

### B Describe briefly the three therapy methods:

- 1 Shockwave therapy:
- 2 Percutaneous nephrolithotomy:
- 3 Ureteroscopy:

### C What do you think is the best prevention against kidney stones?

### D Kidney failure

Acute kidney failure occurs when your kidneys suddenly \_\_\_\_\_ (1) unable to filter waste products \_\_\_\_\_ (2) your blood. When your kidneys lose their filtering ability, dangerous levels of wastes \_\_\_\_\_ (3) accumulate and your blood's chemical makeup may get \_\_\_\_\_ (4) of balance.

Acute kidney failure — also called acute renal failure or acute kidney injury — develops rapidly \_\_\_\_\_ (5) a few hours or a few days. Acute kidney failure is \_\_\_\_\_ (6) common in people who \_\_\_\_\_ (7) already hospitalized, particularly in critically ill people \_\_\_\_\_ (8) need intensive care.

Acute kidney failure can be fatal and requires intensive treatment. \_\_\_\_\_ (9), acute kidney failure may be reversible. If you're otherwise \_\_\_\_\_ (10) good health, you may recover normal kidney function.

## Urinary symptoms

frequency	frequent passing of urine
dysuria	burning or scalding pain in the urethra when passing urine
nocturia	urination at night
urgency	urgent need to pass urine
hesitancy	difficulty starting to pass urine
urinary incontinence	involuntary passing of urine
haematuria	macroscopic blood in the urine

- Doctor: Are you having any trouble with your waterworks?  
 Mr Jones: Well, I do seem to have to go to the toilet more often than I used to.  
 Doctor: How often is that?  
 Mr Jones: It depends, but sometimes it's every hour or even more often.  
 Doctor: What about at night? Do you have to get up at night?  
 Mr Jones: Yes. Nearly always two or three times.  
 Doctor: Do you get any burning or pain when you pass water?  
 Mr Jones: No, not usually.  
 Doctor: Do you have any trouble getting started?  
 Mr Jones: No.  
 Doctor: Is the stream normal? I mean is there still a good strong flow?  
 Mr Jones: Perhaps not quite so good as it used to be.  
 Doctor: Do you ever lose control of your bladder? Any leaking or dribbling?  
 Mr Jones: Well, perhaps a little dribbling from time to time.  
 Doctor: Have you ever passed blood in the urine?  
 Mr Jones: No, never.

Now complete these notes about Mr Jones:

c/o (1) ..... and (2)..... for 1 yr. No (3) ..... or (4) .....  
 (5) ..... a little weaker. No incontinence apart from occasional (6) .....

Match the patients' descriptions of their symptoms (1–7) with the medical terms (a–g).  
 Look at A opposite to help you.

- 1 'I have to pee every half hour or so.'
- 2 'I get a scalding pain when I pass water.'
- 3 'I have to get up several times to pass water at night.'
- 4 'I have to rush to go to the toilet.'
- 5 'I have trouble getting started.'
- 6 'I can't hold my water.'
- 7 'I passed some blood in my urine.'

- a dysuria
- b frequency
- c haematuria
- d hesitancy
- e nocturia
- f urgency
- g incontinence

Write the doctor's questions for each of the symptoms above.

- 1
- 2
- 3
- 4
- 5
- 6
- 7