

Relation between Blood Level in Urine and Breakfast

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Abstract: *The aspiration of this study was to seek for any relation between blood level in urine and a previous night. White blood cells or red blood cells, when seen in urine may indicate kidney disorder, liver or urinary tract infection. Urinalysis is a test which can detect blood in urine. 90 subjects from Bahauddin Zakariya University, Multan, Pakistan, were indulged in this study. It was resolved from the study that people who skip breakfast got negative results for test for detection of blood in urine. And maximum breakfast eaters as well got negative results from the same test.*

Keywords: *blood cells, breakfast, energy, calories, urinalysis*

1. INTRODUCTION

The very first meal of the day is known as breakfast. The term is self-explanatory, that is breakfast is that course which breaks the fasting period of the previous night. There is variation observed in this morning meal according to the weather, tradition, customs, and taste. Every other state had their tables filled up with different kind of food which helps them in replenishing. With the passage of time, the tradition of having breakfast in the morning before going to schools, offices and work-places, is going to an end. People mostly rush to their work and skip the morning meal on daily basis, which causes very bad impact on their health. Later on, they crave for food before lunch time and as a result take “junk food” which harm them in any way.

Urinalysis is a test which can detect blood in urine. In most of the cases, cause of blood in urine is not that serious, but it is fatal sometimes. White blood cells or red blood cells, when seen in urine may indicate kidney disorder, liver or urinary tract infection. This urine test, urinalysis, must be carried out from time to time so as to keep an eye on liver, kidney or urinary tract infections. If left unchecked, it would cause serious health problems. Abdominal and back pain, pain while urinating are symptoms to worry about. Little amount of blood in urine is not dangerous, it may be due to medications, hectic workout or menstruation. But a larger amount of white blood cells or red blood cells indicate health problems like viral infection, urinary tract infection, blood disorder or inflammation in kidney.

The aspiration of this study was to see any relation between blood level in urine and the habit of skipping breakfast.

2. MATERIAL AND METHOD

90 subjects from Bahauddin Zakariya University, Multan, Pakistan, were indulged in this study.

2.1. Measurement of Blood in Urine

Urine samples were collected in clean and sterilized containers. At least an ounce of the sample was collected so as for verification analysis. Then the sample was delivered to the health care provider for detection of blood in urine. there were no such risks in the test.

2.2. Statistical Analysis

It was done with the help of MS Excel.

3. RESULT AND DISCUSSION

As per analysis, out of 90 subjects, 20 subjects were male and the rest of them were female subjects that is 70 were females who marked the questionnaire. According to the questionnaire, 17 male and

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60 female subjects declared that they are amongst the breakfast eaters while 3 male and 10 female subjects had the bad habit of breakfast. Amongst the breakfast, 2 male and 12 female had positive results regarding blood in urine while 15 male and 48 female had negative results. As far as b are concerned, boating 3 male and 10 female had negative result while none of the breakfast skippers had positive results. (3-10) Relation between blood level in urine and breakfast is given in the table 1.G

Table1. Relation between blood level in urine and Breakfast

Gender	Breakfast likeliness		Total	Breakfast unlikeliness		Total
	Blood in urine (Positive)	Blood in urine (Negative)		Blood in urine (Positive)	Blood in urine (Negative)	
Urine test						
Male	11.7%	88.23%	17	0%	100%	3
Female	20%	80%	60	0%	100%	3

4. CONCLUSION

It was resolved from the study that people who skip breakfast got negative results for test for detection of blood in urine. And maximum breakfast eaters as well got negative results from the same test.

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