What's your pee telling you?

Although checking out your pee might be pretty far down your list of priorities, it can indicate to you when something is amiss with your insides. Do any of these sound familiar? Remember, this is not a diagnosis, always consult a medical professional if you have serious concerns about your health.

**COLOR:**

**Pale** – if your pee is light colored then you are “in the clear.” There is nothing medically problematic with having light-colored urine and it usually indicates that you are well hydrated. Good job!

**Dark** – if your pee is taking on the hue of iced-tea, then it’s likely you are dehydrated. Also, that dark color may the result of urine mixing with blood– so if drinking more fluids doesn’t lighten the color, you should see a medical health professional. Aim for a color similar to that of straw.

**Bright Yellow** – Don’t be alarmed! Usually the culprit is your multivitamin, especially the B vitamins and carotene. It’s just your body removing excess vitamins that aren’t being absorbed.

**Spot of Blood** – If you see blood in your urine it’s best to talk a doctor as soon as possible. It could be a sign of a urinary tract infection, microscopic bladder tears, kidney stones, a side effect from medication or something more serious.

**ODOR:**

**Sweet smelling** – This can be an indicator of a serious issue. A sweet aroma might mean that your body is excreting excess blood sugar, and high concentration in your urine might indicate diabetes. If this sounds (or, smells) like you, go and see your doctor.

**Funny smelling** – an unusual odor might be a bit off-putting, but it’s most likely because of something you ate. Some foods, such as asparagus, produce sulfur-containing amino acids during digestion, which create an unpleasant smell as they digest. You may also notice an odor after your morning/afternoon/late night coffee. Don’t worry, as soon as your body processes the food/drink through your system the smell should vanish.

**OTHER:**

**Always gotta go** - This can be caused by a variety of things, most commonly an increased consumption of water (in either your food or drinks). If you're drinking lots of coffee, tea or soda (all which stimulate you to pee more often), you may find yourself running to and from the bathroom more often. Some medications can also have a similar effect. Finally, a symptom of urinary tract infections is the increased need to go. If your need to pee has begun to impact your life, then talk to your doctor.

**Leaking** – It happens to the best of us. Often the muscles around the bladder (pelvic floor) can’t handle high impact activities such as running, or even coughing/sneezing, and a bit of urine can leak out during these activities. This isn’t a serious concern, but can be upsetting. The best solution is Kegel exercises which replicate the action of stopping the flow of urine when you’re going to the bathroom.

**Burning!** -- If you suddenly experience pain when you pee, it’s most likely due to a urinary tract infection, caused by bacteria that have made its way up your urethra. Antibiotics can clear up an infection quickly and drinking lots of fluids can help to shorten the duration and intensity of the burning.
Information from: http://healthyliving.msn.com/health-wellness/what-your-urine-is-telling-you-about-your-health-1