



FOAMY URINE & KIDNEY HEALTH

Urine that looks bubbly or frothy — like soap bubbles — and doesn't go away quickly after flushing.



What Do the Bubbles Mean?

It might just be harmless.

But sometimes, it's a sign your kidneys need attention.

✓ Common Causes (Usually Harmless):

- Fast or forceful urination
- Dehydration (concentrated urine)
- Residue from soaps or toilet cleaners
- After recent ejaculation

⚠ Kidney-Related Cause:

- Protein in urine (Proteinuria)
- can be a possible sign of kidney disease
- Your kidneys may be leaking protein due to:
 1. Diabetes
 2. High blood pressure
 3. Chronic kidney disease (CKD)
 4. Glomerulonephritis

See a Doctor If You experience any of these:

1. Persistent foamy urine over days
2. Swelling in face, hands, or feet
3. Fatigue, high blood pressure, or changes in urination
4. Family history of kidney problems



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AIR KENCING BERBUIH & KESIHATAN BUAH PINGGANG

Air kencing berbuih atau bergelembung — seperti buih sabun yang tidak mudah hilang.



● Apa Maksud Buih Dalam Air Kencing?

ia mungkin tidak berbahaya.

Tetapi kadangkala, ia boleh menjadi tanda buah pinggang awda perlukan perhatian.

✓ Punca Biasa (Biasanya Tidak Berbahaya):

- Aliran air kencing yang laju atau kuat
- Dehidrasi (air kencing pekat)
- Sisa sabun atau bahan pencuci dalam tandas
- Selepas ejakulasi

⚠ Punca Berkaitan Buah Pinggang:

- Protein dalam air kencing (Proteinuria)
- Tanda awal kemungkinan kerosakan buah pinggang
- Protein boleh bocor ke dalam air kencing akibat:
 1. Diabetes
 2. Tekanan Darah Tinggi
 3. Penyakit Buah Pinggang Kronik (CKD)
 4. Glomerulonefritis

Jumpa Doktor Jika Awda Alami:

1. Air kencing berbuih yang berterusan beberapa hari
2. Bengkak pada muka, tangan, atau kaki
3. Cepat letih, tekanan darah tinggi, atau perubahan dalam kekerapan buang air kecil
4. Sejarah keluarga ada masalah buah pinggang



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