

Name \_\_\_\_\_

## Trouble in Paradise: Common Disorders of the Excretory System

### Open-Ended Response Answer Key

1. Untreated kidney stones can lead to complications such as urinary tract infections, kidney damage, or blockage of the urinary tract. UTIs can also lead to kidney infections if left untreated. Early diagnosis and treatment can help prevent these complications by addressing the underlying issues and managing symptoms.
2. Lifestyle choices such as maintaining a healthy diet, staying physically active, managing blood pressure and blood sugar levels, and avoiding excessive salt intake can play a significant role in preventing or managing chronic kidney disease. Early detection through regular check-ups is crucial as it allows for timely intervention and management.
3. Urinary incontinence can significantly impact a person's daily life, leading to embarrassment and decreased quality of life. Effective strategies may include pelvic floor exercises, behavioral therapy, medications, or surgical interventions. Management plans should be tailored to individual needs.
4. If someone has a family history of PKD, they should regularly monitor their kidney function through medical check-ups. Lifestyle choices, such as maintaining a healthy blood pressure, avoiding excessive alcohol consumption, and staying well-hydrated, can help manage the risk of developing the disease. PKD can lead to kidney enlargement and eventual kidney failure over time.

