

Body Systems
Informational Readers

THE **EXCRETORY SYSTEM**



THANK YOU

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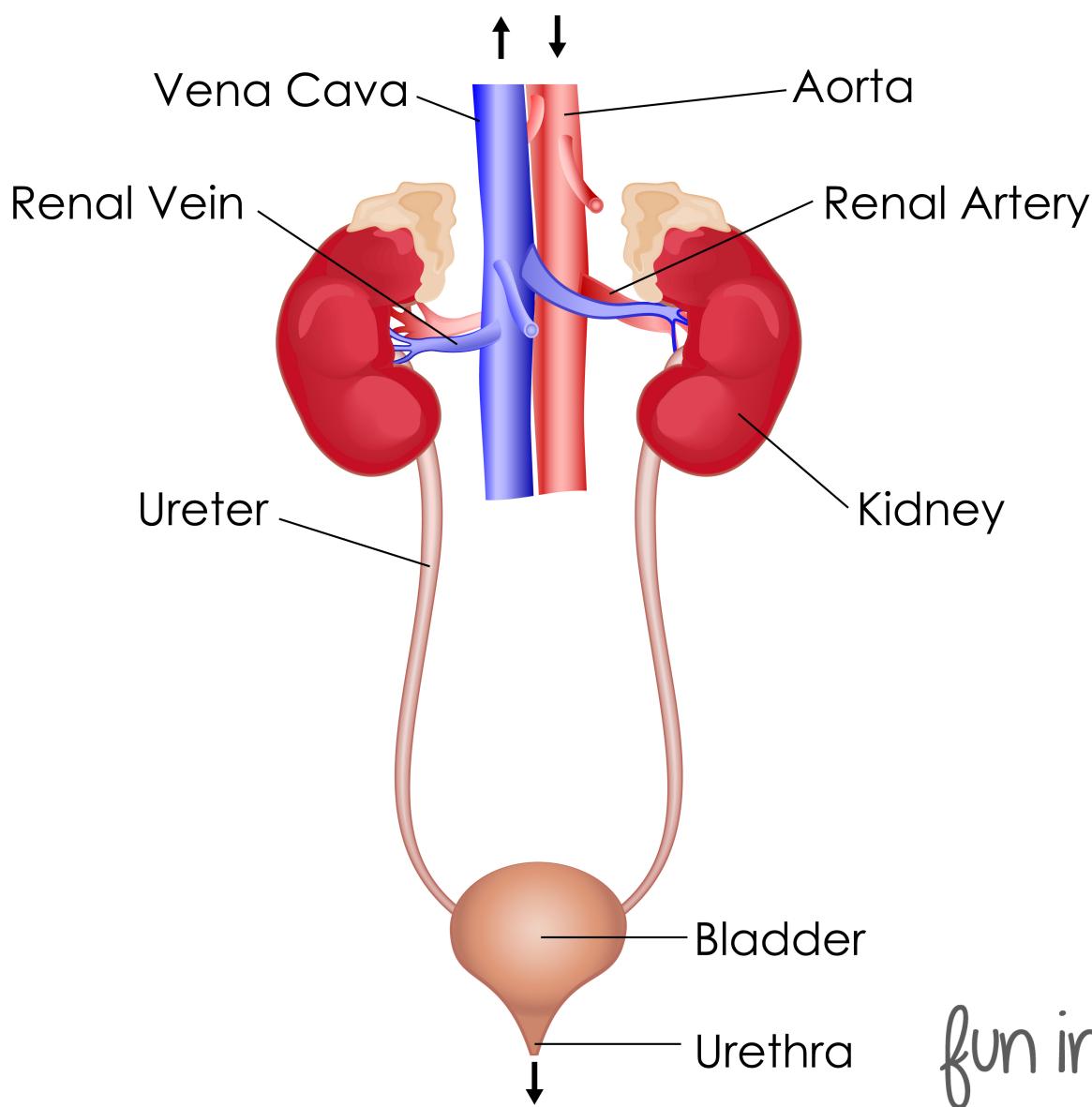
fun in **FOURTH**



THE EXCRETORY SYSTEM

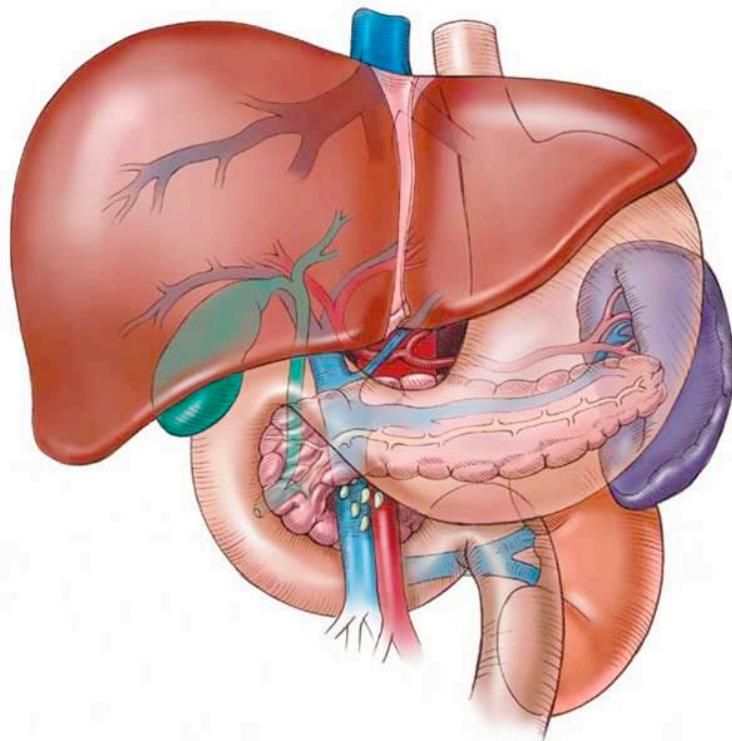
Organs of Excretion

Every cell in your body produces waste products that must be removed before they build up and make you sick. Excretion is the process by which the body collects and removes wastes. Several organs in the body are involved in waste collection and removal, including the liver, lungs, and skin. The major organs of excretion, however, are the kidneys, which are part of the body's excretory system. The excretory system is sometimes called the urinary system.



Liver

The liver turns impurities and poisons in the body to less harmful substances. For example, the liver makes urea from harmful waste product. Urea can be safely sent through blood to the kidneys. Some substances processed by the liver become a part of a liquid called bile. After helping fat digestion in the small intestine, bile is eliminated from the body in stool (poop).



Lungs and Skin

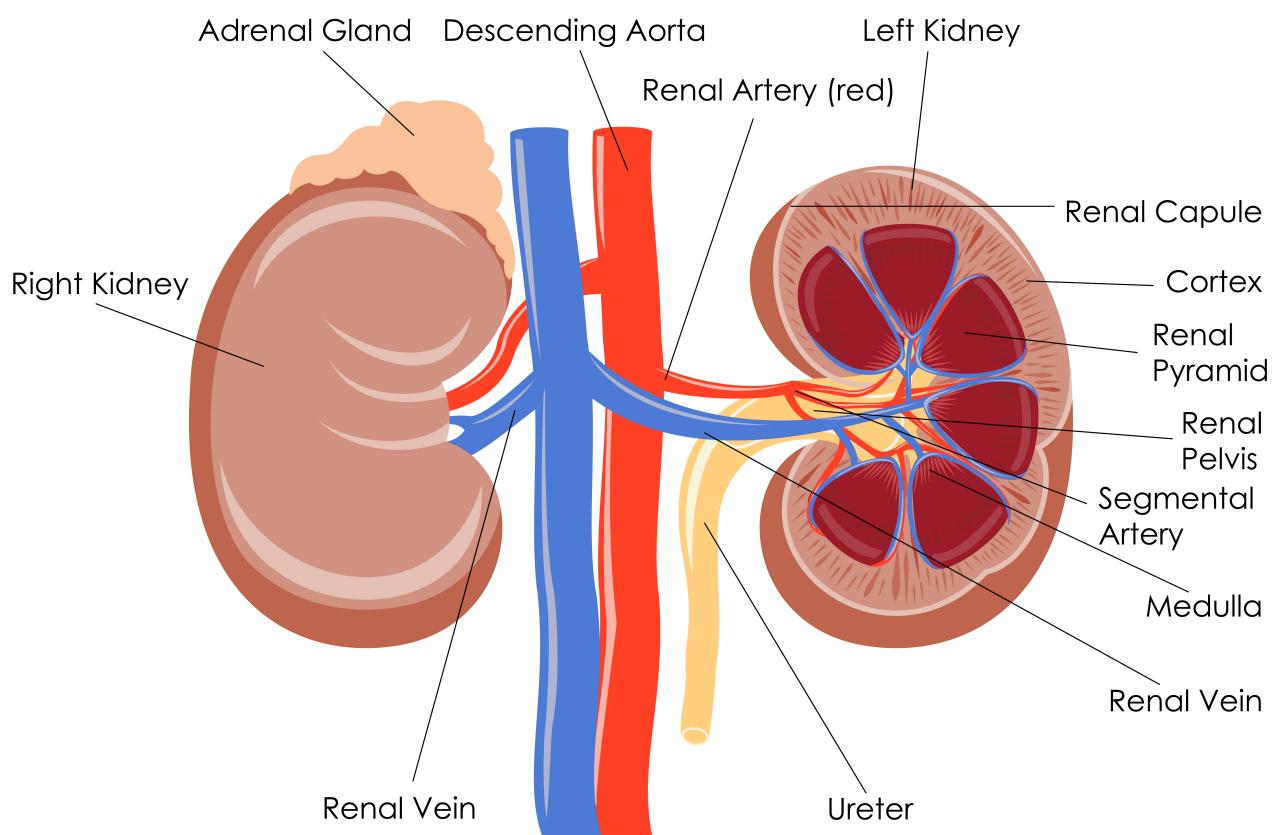
When you exhale, the lungs remove carbon dioxide and some water from the body. Sweat glands in the skin also are part of the excretory system because water and urea are excreted in perspiration (sweat).

Kidneys

You have two kidneys, each about the size of a fist. The kidneys, which are the major organs of the excretory system, filter urea and other wastes from the blood. The picture below shows the many different parts of the kidneys.

The wastes are eliminated in urine, a watery fluid produced by the kidneys that contains urea and other wastes. Urine flows from the kidneys, through the other organs of the excretory system and out of the body.

In addition to cleansing your body of wastes, the kidneys are also the main organs involved in water balance. Hormones sent from the brain signal the kidneys to release more or less water in urine depending on the amount of water in your body. For example, on a hot day when you have sweat a lot and drunk little water, the kidneys will not release much water. On a cool day, when you have sweat little and drunk plenty of water, the kidneys will release more water. Your body depends on water to survive.



The Importance of Hydration

Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you are physically active, or if you have a fever. Vomiting and diarrhea can also lead to rapid water loss. If you don't replace the water you lose, you can become dehydrated.

Symptoms of dehydration include the following: little or no urine, or urine that is darker than usual, dry mouth, sleepiness or fatigue, extreme thirst, headaches, confusion, and dizziness.

Drinking 6 to 8 8-ounce glasses of water each day will keep you hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day. If you are concerned that you are not drinking enough water, check your urine. If your urine is consistently colorless or light yellow, you are most likely staying well hydrated. Dark yellow or amber-colored urine is a sign of dehydration. Brown urine can also be a sign that you should visit a doctor as something might be wrong with your body.

1		You are over-hydrated.
2		You are hydrated.
3		You are hydrated.
4		You may be hydrated.
5		You are dehydrated. You should drink water soon.
6		You are dehydrated. You should drink water soon.
7		You are very dehydrated. Drink water immediately!
8		Go to a doctor immediately!

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