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## Truck driver pee wee' s big adventure

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**Urinary frequency**  
**Medical conditions**  
**Seeking help**  
**Treatment**  
**Outlook**  
**Tips**  
**Overview**

If you've ever wondered how often you need to pee each day, you're not alone. How often you urinate is actually a very important sign of your overall health, starting at an early stage and continuing throughout your life. Continue reading to learn more about urination and when you can signal that you should visit your doctor. Healthy people can urinate anywhere from four to ten times a day. The average amount, however, is usually between six and seven times within 24 hours. But it does not come out of the ordinary to urinate more or less on any particular day. How much you urinate depends on many factors, such as: the age how much you drink in the day you drink the condition, such as diabetes or urinary tract infections Special, such as pregnancy and weeks after giving birth, can affect how often you urinate as well. During pregnancy, a woman urinates more often due to fluid changes along with bladder pressure from a growing fetus. After birth, a woman will have an increase in urinary output for up to eight weeks. This is because of the extra fluids he may receive during labor from IV, or medicine, as well as the body's natural response to moving and eliminating fluids after birth. Some medical conditions can affect how often you urinate, such as urinary incontinence or retention, or prostate issues for men. Other conditions that can cause excessive urination include: Diabetes. If you have diabetes or diabetes that is not diagnosed, added sugars in your bloodstream cause liquid to shift so that you frequently urinate. Hypo or hyperkalemia. If the levels of calcium in your body are not balanced, whether they are too high or too low, this can interfere with the flow of urine in your body. Anemia cell pain. This condition can affect the functioning of the kidneys and the concentration of urine. This can cause people with sick cell anaemia to urinate more often. Urinary tract infections (UTI) are another condition that can affect how often you urinate. Both men and women can develop UT, although they are more common in women. UTI can make you feel the urgent need to urinate, even if you recently emptied your bladder. During the infection, you may find yourself urinating more often, but in smaller amounts. You may also feel a burning sensation when urinate. There are many possible reasons for UTI, so it is better to consult your doctor if you suspect your urinary tract infection. Certain conditions can cause you to experience lower urine output than average. For men, this may be due to an enlarged prostate. Enlarged prostate is often caused by the enlargement of benign prostate (BPH), which is not cancerous or caused by prostate cancer. When the prostate becomes enlarged, it can restrict the flow of urine from your bladder. This can leave cannot empty your bladder completely, even after urination. People with heart problems, hypertension, or poor kidney function often take drugs called diuretics. Diuretics pull the extra fluid from the bloodstream and transfer it into the kidneys. Taking diuretics can cause you to urinate more frequently. Some common diuretics include: chlorothiazide (Diuril) chlorthalidone (Thalitone) hydrochlorothiazide (Microzide) indapamide metolazone bumetanide (Bumex) furosemide (Lasix) torsemide (Demadex) amiloride (Midamor) eplerenone (Inspra) spironolactone (Aldactone) triamterene (Dyrenium) Alcohol and caffeine can both have diuretic effects, causing you to urinate more than usual. When taking these substances, frequent urination may not be a sign of a medical issue. Caffeine is found in many foods and drinks, including: chocolate energy coffees teas sodas

**Learn over: Effects of caffeine on the body »** Drink large amounts of water during the day can also increase your urine output and frequency. If you recently had a test involved injecting dyes into your body, such as a CT scan, you can pee more as your body eliminates additional fluids. If you spy on so much every day that you feel it affects your quality of life, talk to your doctor. You may have basic medical conditions such as a constipated bladder. This can be treated. You should also talk to your doctor if you are urinating too often, or feel like your bladder does not completely empty even if you urinate, especially if you are an older man. Other symptoms that merit calls to your doctor are: fever and back pain in your urine and cloaky urine or abnormal smell for your urine treatment depending on the condition that causes your symptoms. If you are pregnant, for example, frequent urination will continue until you give birth. If your symptoms are caused by a medical condition, treating the condition can help. For example, if you have diabetes, managing your blood sugar should reduce your need to urinate. If your urinary frequency is caused by UTI, once the UTI is completed, your urine output should return to normal. If you have enlarged prostate suppressing urine flow, you may need medication to increase your urine flow or reduce the size of your prostate. If you are using diuretic medication for heart failure or high blood pressure, your doctor may try to adjust your dose to help with your symptoms. If you are worried about the amount you are urinating about, talk to your doctor. They can easily put your mind up and tell you that your urinary output is or they may recognize additional symptoms. Urinalysis, which can be done in your doctor's office, can provide useful information about the health of your urinary tract. Identifying any underlying problem is the first step in finding a successful treatment plan. It is important to note that for women, urinate before or after sex, wipe direction, hot tub, douches, and tampon use not indicated to cause or prevent urinary tract infections. In addition to letting your doctor know about any difficulties you have urinated, or any concerns about how often you urinate, here are some tips for reducing genital irritation and urination: Eating foods rich in probiotics, especially lactobacillus, found in yogurt and kefir. Studies suggest this may be useful for women with recurring UTIs. If you use soap in the genital area, use non-civilized products made for sensitive skin. Wear loose cotton underwear. Avoid tight jeans and skipping. Consider not wearing underwear to sleep to help your genital area stay cooler. Drink six to eight glasses of water 12 ounces per day. Avoid excessive consumption of alcohol, soda or caffeine. Avoid things that can cause bladder irritation, such as artificial sweeteners and sludge cigarettes. The last time medical was reviewed on February 14, 2017

For years, Transportation and logistics companies have computed 18-wheelers that continually truck goods across North America. Advances in technology allow these companies to gain great efficiency in supply chain planning and inventory management, transportation routing, wireless communications on board, cargo and vehicle tracking, and DI UPS, for example, such simple chocolate transmission vehicles contain a variety of data taken from more than 200 sources placed in trucks: sensors in the engine collect data on vehicle speed, RPMs, oil pressure and engine temperature. CIO.com 2008 profile note. In addition, other sensors track the number of times the truck goes upside down, what doors are open and when, the time the truck spends is idle, and how and when the seat belt is in use. Read this Progress Blog

All Unplugged Enterprise Software advances on UPS and other logistics and shipping companies have certainly improved the core and manufacture of critical decisions by drivers operating vehicles. But some technologies and devices calling for driver interaction and attention have created unwanted vexing consequences and now come under intense scrutiny. A recent New York Times article, Truckers Insist on Keeping Computers in the Cab, analyzed the debate between the truck industry and watchdog groups over the safety of long-range computerised device use. Proponents of safe driving continue to push for tougher driving laws, however the trucking industry and drivers have come to rely on efficiency obtained from computers, on-board communications systems and GPS devices. Michael Belzer, economics professor of Wayne State University and specializes in the trucking industry, said in an article Truckers have no choice other than to use their computer while driving, due to the limited deadline pressure they face. It's very expensive and inefficient for drivers to pull over to use their computer systems: \$1.50 per minute when the truck is idle, says Randy Mullett, VP for relations on the Con-way, which operates one of the largest truck fleets in the United States, in a Times article. Let's think of a way to work with Congress that doesn't make this technology obsolete or less efficient than they are, Mullett told the Times. The overarching problem, however, is the growing pressure for trucking companies to add more sensors and computers on board 18-wheelers and other vehicles for instance, as carbon emissions data on the entire company's supply chain becomes a necessity, the company tries to manage the risks of better supply chains and volatility, and the introduction of radio-frequency (RFID) truck drivers, apparently, just like everyone else on the road that shouldn't send messages and speak while driving, according to a Times article: A lorry driver, laughing, chose to ignore the message on his computer screen: Don't use We were supposed to withdraw, but no one ever did, said the old driver in the article. When you get that load, you go and you go and you go until you get there. Are you tweeting? Follow me on Twitter @twailgum. Follow everything from the CIO.com on Twitter This Story, Lorry Drivers Were Told to Keep Computing, Although the Risks were originally published by the CIO. Copyright © IDG 2009, Inc.

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