

## Relation of Urine Nitrites with Exercise

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### Abstract

This project was used to analyze the relation about Urine Nitrites with exercise and also consisted average 80 students studied in Bahauddin Zakariya University, Multan, Pakistan. Urine nitrite is formed due to chemicals deposition in urine. And also it causes some infection in urinary tract. Which causes the cancer. And also urine test is performed to evaluate the urine nitrites.

**Keywords:** Cancer; Urine nitrites; Exercise

### Introduction

Normally urine contains chemicals known as nitrates. If bacteria enters into urinary tract it causes an infection and then convert into nitrites. If it gives the positive test called as nitrituria. Urinalysis is also called urine test which is used to detect the presence of nitrates in urine which is the sign of urinary tract infection. In human body the nitrite can damage cells and convert into molecules that causes cancer. [1]

Exercise empowers the muscle strength and the body weight. Exercise is essential for healthy living. It also helps to sustain the balance in the body and prevent from heart disease, stroke, type 2 diabetes, blood pressure and cholesterol. [2]

### Materials and Methods

Many methods are used to measure the level of nitrates and nitrites in the urine. Nitrite and nitrate measurement in urine by capillary electrophoresis and the gas chromatography-mass spectrometry. When nitrite is present in human urine then the level of plasma is in low concentration too.

### Scheme Design

A Method was prepared with respect to the exercise

### Statistical Examination

It were completed by by means of MS Excel

### Outcomes and Discussion

This project was about the relationship of urine nitrites with exercise is given in Table# 1. Information data collected from the females and males which displays the positive or negative results about the linkage of urine nitrites with exercise. About 62.5% people shows positive results while 37.5% shows the negative results.

Urine nitrites likeness with exercise	Urine nitrites Dislikeness with exercise
62.5%	37.5%

Table 1: Relationship of Urine Nitrites with Exercise as follows.

## Conclusion

Questionnaire based studies have been given important research outcomes [3-10]. Exercise effects on urine nitrites due to pelvic pressure, painful urination, burning and foul smelling of urine. Nitrites in urine causes severe infection. It can be treated to monitor an existing kidney infection.

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