

RENIN IS RUNNIN: Track 11

This is a song describing the renin-angiotensin system, an important system that helps regulate blood pressure. Renin is an enzyme that sets off a chain of hormonal actions that increase blood pressure. ACE stands for angiotensin converting enzyme and the reference in the chorus that it makes 2 from 1, describes ACE's conversion of angiotensin 1 into angiotensin 2. ADH stands for anti-diuretic hormone. In the chorus, the colors run through the colors of the rainbow as they shift from one enzyme or hormone to another in the chain.

Low blood pressure got you down?
Renin is runnin', get you off of the ground
Setting off a chain that's bodywide
Makin you thirsty to enjoy the ride

CHORUS: Renin is runnin' – from blood volume too low
 Converts angiotensinogen – time for the show
 Angiotensin 1 flows to the lungs
 ACE in the hole makes 2 from 1
 Angiotensin 2 makes more hormones flow
 ADH, aldosterone and thirst, don't you know
 Less urine out - Conserve H₂O and Na⁺
 Increasing blood volume the old fashioned way
 Renin is runnin' – enzyme on the loose
 Gives that blood volume a needed boost.

JGA on your kidney keeps track
If blood volume gets too slack
To get good solutes back, blood and filtrate must flow
Pressure and osmosis make it go

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These hormones do their job again and again
They don't mind repetition – how very Zen
These steps can bring you from the bottom floor
When blood pressure and volume's got to be more.

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