

Fast Facts

Kidney Stones

- Also known as renal lithiasis or nephrolithiasis
- Hard deposits that form inside your kidneys
 - Made up of minerals and salts
- Wide variety of causes--depends on the type of the stone
- Four main types of stones: calcium, struvite, uric acid and cystine
- Typically form because urine becomes concentrated allowing the minerals to crystallize causing them to stick together

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Severe pain in your side/back just below ribs -Pain that radiates to lower abdomen/groin -Pain that varies in intensity -Pain while urinating -Pink/red/brown colored urine -Foul smelling urine -Cloudy urine -Feeling like you need to urinate all of the time even after going -Urinating more frequently -Urinating small amounts -Nausea/vomiting -Fever/chills 	<p><i>Small stones:</i></p> <ul style="list-style-type: none"> -Drink plenty of water to help flush the stone out of your urinary system -Mild pain relievers (ibuprofen, acetaminophen or naproxen) -Medication to help relax the muscles of your ureter <p><i>Large stones:</i></p> <ul style="list-style-type: none"> -Extracorporeal shock wave lithotripsy (ESWL)—uses sound waves to break up stone -Percutaneous nephrolithotomy—surgery to remove stone via incision in back -Using a scope to remove stone—inserted to ureter by passing it through your urethra and bladder <p><i>Note:</i> Important to have kidney stone analyzed in order to find out what type it is because this will serve as a guide in preventing further kidney stones</p>	<ul style="list-style-type: none"> -Drink plenty of water (keep urine as clear as possible) -Be aware of is how much oxalate-rich food you are eating (rhubarb, beets, okra, spinach, Swiss chard, sweet potatoes, nuts, tea, chocolate, black pepper and soy products) -Be careful with calcium supplements -Eat a diet that is low in sodium and animal protein -Take type specific medication to help prevent stones from forming

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