

KIDNEY STONES

The Kidneys Act As Your Body's Natural Filter

Kidney Stones Act as a Dam, Obstructing Urine From Draining.

The stone forms inside the kidney and is able to move to other areas of the urinary tract. When left untreated, kidney stones can lead to urinary infection and in severe cases, permanent loss of kidney function.

The following guide provides information on the symptoms, causes, treatment, and prevention of kidney stones.

01 | Symptoms

Kidney stones form in the kidney and grow over time. It will rarely cause any pain in the kidney. When the stone moves into the ureter, that is when the pain ensues. The stone will prevent urine from passing, which causes the kidney to swell up. Some symptoms of kidney stones that may occur are:

- Pain in the side, back, or stomach
- Pain or burning during urination
- Persistent need to urinate
- Discoloration in urine
- Sweating, nausea, and vomiting
- Fever and chills

02 | Causes

There is not a single, definite cause of kidney stones, although there are several factors that contribute to the risk. Risk factors include:

- Dehydration
- Diets high in protein, sodium, or sugar
- Digestive diseases
- Obesity
- Certain medications and supplements

03 | Treatment

Treatment of kidney stones depends on the size. Treating small kidney stones includes allowing it to pass on its own by increasing your water intake and taking pain medication as needed.

Big kidney stones that cannot pass on their own are treated invasively. Treatment may include:

- Use sound waves to break up the stones
- Use scope to remove stones
- Surgically remove stones

04 | Prevention

Preventing kidney stones consists of making lifestyle changes. You can reduce your risk by:

- Drinking water throughout the day
- Reducing the amount of salt, animal protein, and oxalate in your diet
- Monitoring your calcium intake

Doctors may prescribe medication for individuals who are at a higher risk of kidney stones.

For additional resources on kidney stone, please visit:

www.kidney.org

Did You Know?

Kidney stones are more likely if you have had them before

References

https://www.emedicinehealth.com/kidney_stones/article_em.htm#how_to_prevent_kidney_stones

<https://www.medicalnewstoday.com/articles/154193.php>