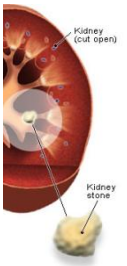


Renal Calculus (Kidney Stone)

What is it?

- **Renal Calculus**– is a renal stone which are solid concretions formed in the kidneys from dissolved urinary minerals; may form or pass into the urinary bladder
 - **Size**- if 2-3 millimeters can cause an obstruction of the ureter
- **Types of Stones**- calcium oxalate, calcium phosphate, struvite and may produce uric acid or cystine stones
 - **Renal Calculi**- are solid concretions formed in the kidneys from dissolved urinary minerals
 - **Kidney Stones**- typically leave the body by passage in the urine stream, many stones are formed and passed without symptoms

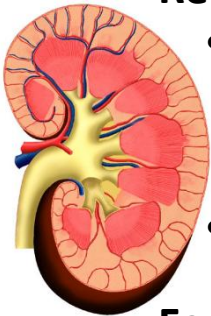


Signs and Symptoms:

- **Symptoms**- colicky pain, hematuria, dysmaturia, pyuria, dysuria, oliguria, abdominal distension, nausea and vomiting, hydronephrosis, postural azotemia, frequency in micturition, loss of appetite and weight

Recommendations:

- **Limit or Avoid**- Caffeine, Alcohol, Tofu, Sardines, Fish with bones, Dried Beans, Sweet Potatoes, quick cooking Grits, Cream Soups, Greens, Calcium Fortified Foods, Limit Milk (1-2 cups/day), Yogurt and Ice Cream or Cheese to 2 ounces per day
- **Increase**- Fluids to reduce the saturation level of various salts and ionic particles in the urine; need to produce 2 quarts of urine per day



Facts:

- **Causes**- renal tubular acidosis, Dent's disease, hyperparathyroidism, medullary sponge kidney, Crohn's Disease
 - **May Increase the Risk**- water fluoridation, symptoms of skeletal fluorosis
- **80% of Cases**- are calcium oxalate stones, one of the most common diseases of the urinary tract

What can I do?

- **See your Health Care Provider**- for more information
 - **Confirmed by**- ultrasound examination, urine tests, blood tests
 - **Lithotripsy**- sound waves that shatter into smaller fragments
- **See a Registered Dietitian**- for help as needed
 - **Exercise**- Walk 1 mile per day

