



Kidney Stones - Help and Information

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What You Need to Know About Kidney Stones

Kidney stones can happen to anyone but this happens more often to men than women. So for you guys out there, you should be careful.

You may also already have kidney stones if you have one of these symptoms which include bloating, blood in the urine, cloudy or foul-smelling urine, an increase in the frequency of urination, nausea and vomiting, pain during urination and tenderness in the abdomen and kidney region.

Some people also complain off pain coming from the back or the pelvis that goes on and off. It may last for several minutes to a few hours. You might also experience chills, fevers and a loss of appetite which happen are same symptoms associated with urinary tract infection or UTI.

There is no doubt that something is wrong. What now? Well, you have to see the doctor to find out what is really going on. Once you arrive at the clinic, fill up the questionnaire, wait for your name to be called so the doctor can do a physical exam.

To be sure, the doctor will probably get a sample and run some more tests and if you do have kidney stones, its size will determine if this can be expelled by your body or with a little help.

Doctors determine what course of action to take based on the size of the kidney stone. If they have found the kidney stone to be 4mm in diameter or less, then surgery is not required. But if it is larger than 8mm. doctors have no choice but to perform surgery because the stone cannot exit the bladder on its own.

There are 4 procedures currently being used to treat kidney stones. You have ESWL or extracorporeal shockwave lithotripsy, PNL or percutaneous nephrolithotomy, ureteroscopic stone removal and open surgery.

What will be used does not only depend on the size of the kidney stone but also the type that is inside your kidney. Doctors know that you have one of four types and this could be calcium, uric acid, struvite and cystine.

It is important to know what type of kidney stone is inside so during post treatment, your doctor can tell you what steps you can take so this will not happen again.

When the doctor tells you that there are kidney stones in your body, don't panic and learn more about the problem. Yes you know what it is and what caused it but you should ask also how serious this is.

Are there risks to the procedures? Has the kidney stones caused any permanent damage in the body? If surgery was successful, what steps should you take so this will not happen again.

Your doctor should be able to answer all your questions. If you have doubts, seek a second opinion. If you do have kidney stones, do whatever it takes to get rid of it.

You may not need surgery after all to get rid of kidney stones since most of the time, the body will be able to do it. But if surgery is required, don't panic. Find out everything there is to know about it so you are well briefed on what will happen. Yes there are risks but things could get worse if you do not do anything about it.

Causes of Kidney Stones

Kidney stones are not necessarily as common as say coughs and colds but it is one of the top reasons why people come rushing to the emergency wing of the hospital. Urine liquid is usually colored white or yellow so when you see that your urine is in a different color, say pink, then you worry so you troop to the hospital. When you sense a different kind of pain somewhere below your stomach, you begin to rattle because you know it is not just a simple case of indigestion.

When that sort of thing happens you also rush to the clinic or the hospital. After initial interview and certain tests, you are then confronted with the results – you have kidney stones. So how in the world did you get kidney stones?

Not a lot of people are aware of kidney stones. Sure there are medical groups who push for more education about the kidney but most people only hear of kidney transplants. These are pretty major stuff already, kidney stones are very basic but it is a good place to start when it comes to discussing kidney and the importance of a healthy functioning kidney. The formation of kidney stones spring from crystal that are not excreted through urination but the real question is why does this happen. Doctors are not quick to point at any one particular cause but what can be done is discuss the several factors that can be attributed to this condition. Then maybe, the

factors can be isolated as per patient's case.

For one, it can be hereditary so if your parents and grandparents have it then most likely you will have kidney stones as well. It has been observed that a person with a family history of kidney stones are prone to forming kidney stones as well. This is probably the reason why urinary tract infections, kidney relate disorders such as cystic kidney diseases and some metabolic disorders like hyperparathyroidism which are all found to be linked to kidney stone formation are believed to be inherited as well.

Certain food in major food groups are also seen as potential causes of kidney stone formation. However people in the medical field believe that eating these food are major causes of kidney stone formation. People who tend to form high calcium which leads to the formation of one kind of stone called calcium oxalate are requested to limit or avoid certain foods.

These include spinach, beets, soybean crackers, peanuts, okra, chocolate, sweet potatoes, grapes, celery, fruit cake, strawberries, marmalade and liver. These are a bunch that includes delectable delights which is really sad news for those who have to cut down on them so work on keeping those kidneys healthy to keep enjoying those treats.

Just as the causes of kidney stones are quite a blur so are the symptoms and in fact most of the signs go unnoticed. For this reason kidney stones ahs been aptly called as the silent stones. These silent stones should eventually be found out. Scanning the urinary system through special tests

called computerized tomography, more popularly known as CT scan, or an intravenous pyelogram help doctors detect kidney stones.

The results from these tests are also vital in finding out the proper course of action to treat the existing condition.

Do You have Kidney Stones

Is there blood when you urinate or do you feel pain coming from your back or pelvis? If your answer to these two questions is yes, then you may have kidney stones in your body and the only way to be sure is to have yourself examined by a doctor.

The two symptoms mentioned are just some of the symptoms that tell you if you have kidney stones. Other symptoms include fevers or chills, feeling or being sick, frequency urinating and feeling a burning sensation when you urinate.

It is hard to tell just by how you feel if you do have kidney stones because these symptoms are also felt by those who have UTI or urinary tract infection.

When you go to your doctor, he or she will have to do a system of checks. This will include reviewing your medical history, conducting a physical examination and doing some tests.

The best way to rule out UTI is to extract a sample of urine or blood and scanned using one or two machines that may be a computed tomography (CT) scan, intravenous pyelogram (IVP), retrograde pyelogram or X-ray.

To give you a better understanding of what these machines are;

The CT scan is used not only to tell if you have a kidney stone because it can be used for other purposes. In the case of kidney stones, the doctor will tell the technician to focus on your urinary system.

The only problem with the CT scan is that it cannot detect small stones when these are located near the bladder. TO be sure, an x-ray will be done to tell the doctor its orientation, shape and size.

The Intravenous Pyelogram or IVP is another option and this can only work after you have been injected with a contrasting agent. Once this is flowing through your kidney, it will be easy for the machine to see if you have a kidney stone blocking the ureter.

There are risks for conducting this test especially if you have a slight allergic reaction to the fluid that was used.

The ultrasound has other uses and letting you know the size of your baby is just one of them. The doctor may also use this device to check if you have kidney stones located in your upper urinary tract or in your ureter.

Unfortunately, it cannot be used to check for kidney stones in other parts of the body.

Another test is called the retrograde pyelogram is a cytoscopy. This test is similar to the IVP because it also uses a contrasting agent. The only

difference is that once you are injected, a slim telescopic instrument is sent it to check the bladder.

In most cases, patients who may have kidney stones do not need to undergo these tests because the others mentioned have already confirmed that.

When doctors are sure that you have kidney stones and determined the type this is in your body, only then will they be able to treat it. The doctor may or may not have to give you medication. In extreme cases, surgery may be the only option.

Kidney stones happen more often to men than women. If you feel something wrong down there, don't wait until things get worse to see your doctor.

Do You Know What a Kidney Stone Is

Do you know what a kidney stone is? These are minerals or salts that are found in your urine and when it hardens, it becomes a stone. Most of the time, these are very small that it does not cause any harm but if they get bigger or it builds up, then there is a problem.

Kidney stones do not just stay in the kidney. It can move to other parts of the body. When that happens, you will feel certain symptoms. You could feel pain coming from your back or pelvis, experience spasms, notice bloody, cloudy or smelly urine, feel sick, urinate frequently and have fevers and chills.

It is hard to tell if you have kidney stones because these symptoms also happen when you have UTI or urinary tract infection. Your doctor can only tell which is which after conducting some tests.

The different tests available include blood test, urine analysis, x-rays, ultrasound and non-contrast helical computerized tomography. If initial reports and the results confirm that you have kidney stones, then the proper treatment is administered.

Doctors don't know yet what causes kidney stones. Some believe it is caused by our lifestyle, due to certain medication, post surgery or therapy

and in rare cases, a genetic disorder. This happens more often to men than women between the 20 to 40 age group.

If you are diagnosed with a kidney stone, you should know that treatment varies from one patient to the next because this depends on the kind of stone found in your kidney.

There are 4 types of kidney stones namely calcium uric acid, struvite and cystine. The first 2 are the most common and if the size is less than 4 mm in diameter, you can expel it out of your system by drinking water and some medication.

Should the kidney stone be larger than 8 mm in diameter, this is the only time that surgery may be required.

The doctor may perform one of these procedures which include extracorporeal shockwave lithotripsy, ureteroscopic stone removal and percutaneous nephrolithotomy. Each procedure is designed to shrink the kidney stone and if one treatment does not work, only then will they try something else. Surgery which has been practiced for so many years is now the last option.

Now that you know what kidney stones, is there a way to stop this from happening? Yes there is and the most effective way is through prevention. You do this by drinking 3 liters of water or 6 to 8 glasses a day, make some changes in your diet like eat and drink products that contain calcium and

exercise regularly.

Kidney stones can happen to anyone regardless of age or gender but guys, you should be more careful because you are at greater risk of getting it. If you feel some pain, go and pay your doctor a visit. Don't wait until it gets worse.

If it is a false alarm, then that is good. But if you do have kidney stones, cooperate with the doctor and follow his or her directions. You should also ask if the kidney stones have caused any permanent damage and what are the risks of the procedure if it requires medical intervention. Kidney stones do happen but don't worry because it is after all, treatable.

How to Cure Kidney Stones

As in any sickness, the key to the formation of kidney stones is in prevention especially since a person who had more than one kidney stone in her life will most likely develop kidney stones in the future. Regular check-up to the doctor is one way to ensure that all kinds of sickness are prevention. Paying extra for a regular set of tests like sugar, urine and blood tests will even better your chances of preventing certain conditions from developing. Think how less expensive that would be than when you actually become sick and you have to buy expensive medicines and pay a lot more for certain procedures.

Most kidney stones pass through the urinary system easily so drink lots and lots of water and do not mind going to the bathroom to urinate every now and then. Often times, people with kidney stones are only told to take lots of fluids and maybe some medication. Although the actual kidney stones are important in assessing the actual status so the patient may also be tasked to preserve their kidney stones and submit it for testing. Depending on the diagnosis, patient's urine may also have to be analyzed for a whole day. Another day after initial medication or treatments are taken and done will also be set aside for another 24 hour urine analysis.

A change in lifestyle is also a very effective treatment. If you are not the type who drinks lots of fluids then it is high time that you learn to drink

enough liquids in a day so that you will be able to produce at least 2 quarts of urine. While certain food are believed to contribute to the formation of kidney stones, moderation is really the key.

In the past, food high in calcium are shunned but recent studies have proven that calcium high foods including dairy products like milk can actually prevent formation of calcium stones. What should be watched out is the intake of calcium pills, food added with vitamin D and certain types of antacids that have a calcium base. A person who has a relatively high presence of acid in his urine is also advised to eat less meat, fish and poultry because eating these will further increase acid in urine.

There are medicines that maybe prescribed by doctors to somehow control the production of acid and alkali in urine. This is vital because acid or alkali are key factors in the forming of crystals. Allopurinol can be useful for cases of hyperuricosuria.

Hydrochlorothiazide favors calcium retention hence reducing the amount of calcium released by the kidneys which in turn results to low or no formation of calcium stones. Sodium cellulose phosphate, on the other hand, secretes calcium in the intestines to prevent it from leaking to the urine.

As for surgical procedures in taking out kidney stones, the very popular procedure is Extracorporeal Shock Wave Lithotripsy or ESWL. This most frequently used procedure works when shock waves that are created outside the body travel into the skin and body tissues until they reach the

denser stones. The shock causes the stones to break down in smaller particles so that they can easily pass through the urinary tract.

This sounds simple but potential risks and complications that may arise should always be discussed with the doctor before agreeing to go through the procedure.

How Are Kidney Stones Diagnosed

Do you have kidney stones? You will never know until you are examined by a doctor because the symptoms associated with this problem are very similar to UTI or urinary tract infection.

So, you have to set an appointment with the doctor. While there, he or she will review your medical history and conduct a physical examination before running some tests.

If you are a regular patient of the doctor, it will be easy to pull your file out. However, if this is your first time, you will have to fill up the form and get your medical files.

Your medical history does not say much about kidney stones especially if you have never had this before which is why the next step is to conduct a physical examination. Here, the doctor will look at you physically and touch certain areas. This is hard for the doctor to do if the patient is in extreme pain.

So the best way to confirm initial findings is through laboratory tests. The doctor will either extract blood or ask a urine sample from you.

You may also have to be scanned and there are a variety of machines for

that. These include a computed tomography (CT) scan, intravenous pyelogram (IVP), retrograde pyelogram, and the regular X-ray.

The CT scan is used for various examinations. A scanner and a computer are used to create images of the urinary system. The only problem is that it has difficulty detecting small stones if they are located near the bladder. If a stone is found, an x-ray follows to determine the orientation, shape and size of the kidney stone.

Intravenous Pyelogram or IVP is done after a contrasting agent is injected into the vein. Within minutes, the test will show if there is a kidney stone blocking the ureter. This is perhaps the best method to check if you have kidney stones even if there is a slight risk for an allergic reaction to the fluid that was injected into the vein.

If you think that the ultrasound is only used to see the baby growing inside the womb, think again because it can also be used to detect a dilated upper urinary tract and kidney if the stone is lodged in the ureter. Its limitation is that it cannot detect kidney stones that are no longer in the kidney area.

Another term for retrograde pyelogram is a cystoscopy. The test begins by inserting a telescopic instrument into the bladder. Then, similar to the IVP, a contrast agent is injected into this opening and an x-ray is done to find the kidney stone.

Some doctors say this is better than IVP because there is no way to get an

allergic reaction from the contrasting agent. This is because you will first be injected with anesthesia so in essence, you don't feel anything.

Among the different tests done to detect kidney stones, this is only used when other tests have proven to be inadequate or unsuccessful.

It is only after careful diagnosis that doctors will be able to tell if you have kidney stones or not. From there, they can treat you by giving some medication or advising you to drink lots of water because you may be able to expel the stones on your own. But if this does not work, then surgery is the next option.

How Can Kidney Stones Affect Your Life

Unknown to many people, kidney stones is the most common complication that involves the kidney, uterus, and bladder. They also don't realize the importance of the role that kidneys play in the person's system. Most people don't realize it but kidneys are very important because they act as the ultimate "filter" for blood. When the kidney functions well, it can remove the waste products and substance from the body. This will help a person to regulate the proper level of chemicals and enables the body to function properly.

Today, more and more people—because of unhealthy diet and laid back living and minimal physical movements—suffer from kidney stones and they have yet to realize how can it affect their overall health. Many experts agree that any person has great chances of encountering kidney stones in one point of his or her life.

But, with early diagnosis, healthy lifestyle, diet to prevent the condition, and regular exercise, one can recover from it. However, recovering might be easy but if people would not religiously follow the keys to avoiding kidney stones, chance are, they will have it again probably in the next 10 or 15 years of his or her life.

What you need to know

Many people tend to neglect kidney stones because they think that they can easily recover from it with all the medications and medical procedures available today. One thing that they don't realize is that if they continue to have their kidney stones unchecked or undiagnosed, they are more prone to develop related diseases which will make their health conditions more complicated.

To avoid further complications when it comes to kidney stones, it is best that you arm yourself with all the knowledge that you can get—especially if you think that you are prone to the condition.

The first thing that you need to know about kidney stones is what it really is. Kidney stones are made up of minerals and other excess substances in body. It is the product when these substances and minerals are formed in the person's urine. The process of developing kidney stones involved the crystallization of minerals and other related substances then form a "lumps" which can be hard as a real stone.

Experts say that people who have kidney stones don't have to worry so much about its size but should more focus on where its is located. The location of the kidney stones matter that much because it can cause the kidney and other related organs not to function very well.

Doctors agree that kidney stones that sit in the kidney itself are not much of a problem. But if it's located in the ureter—the tube that connects to the

bladder—it is a very big problem. This is because the stone—regardless of its size—can block the path where the urine should pass. When this happens, it will cause the person a great deal of pain because it will stretch the kidney so much.

Another thing that you should also pay attention to is the possible causes of the condition. Experts say that there are a number of factors that may cause the development of kidney stones.

These factors may include the Urinary Tract Infections (UTI) that the person has developed, kidney failure, diseases that may have been inherited that involves the kidney, foods that contain high levels of calcium, sodium, oxalates, and others, as well as lack of regular movement or exercise.

How Do You Treat Kidney Stones

How do you treat kidney stones? This depends on its severity so it may or may not involve surgery. The good news is that 90% of the time, your body will be able to expel the stones on its own. But what if you are one of the unfortunate who belong to that 10%?

Should that happen, then your doctor will have to recommend surgery. This procedure may be the only option if the size of the kidney stones is too big which means they cannot get out of your body through the bladder. If you do undergo surgery immediately, you will experience constant pain or cause complications like kidney tissue damage or UTI also known as urinary tract infection.

There are 4 procedures that can help get rid of kidney stones.

There is ESWL or extracorporeal shockwave lithotripsy. In this procedure, a device that produces non-electrical shock waves is used to turn the kidney stones inside your body into sand. You don't lie down in an operating table for this because this is done in a tub filled with warm or purified water.

The second option is PNL or percutaneous nephrolithotomy. This is done when the first option is not successful. The procedure begins by making a small incision in your back so a tunnel can be created all the way to your

kidney. An instrument known as a nephroscope will then go in to remove the stone. If this instrument cannot do the job, an energy probe will be used and there are currently two types namely the ultrasonic and the electro hydraulic.

Third, the doctor may recommend ureteroscopic stone removal. This procedure is done by using a small fiber optic instrument that travels through the urethra and bladder to reach the ureter. Once the instrument is in position, it will emit a shockwave to destroy the stone.

The last option which is the oldest of the 4 is open surgery. The doctor will cut you open and remove the kidney stone. To make sure that all the kidney stones are collected during the operation, you may first be injected with a solution consisting of calcium chloride, cyroprecipitate, thrombin and indigo carmine so it will be easy to remove using the forceps.

Even if surgery is successful, kidney stones can once again appear in the body. To prevent this from happening, you should now take preventive measures.

The simplest way is to drink 6 to 8 glasses of water a day which is about 3 liters as this will make your urine look clear instead of yellow.

Some dietary changes may also be recommended. You don't have to stop eating certain foods but simply limit your consumption on items like apples, black pepper, chocolate, coffee, cheese, grapes, ice cream, oranges,

tomatoes and yogurt.

The same goes for fish, meat or poultry products because it helps increase your uric acid. Since kidney failure has been associated with alcohol consumption, you should also cut this down as well.

You can treat kidney stones the hard way or the easy way and you don't get to decide how this will be done. Sadly, we only learn our lesson when it is too late so you should be thankful if you don't have to go under the knife.

How Kidney Stones Are Diagnosed

To avoid the pain brought by the development of kidney stones and its risks to your health, it is a must that you undergo immediate diagnosis once you suspect that there's something wrong. The following are some of the steps to help you get diagnosis for kidney stones:

1. Go to a specialist. If you think that you are suffering from it, the first thing that you need to know is to consult a kidney specialist. He or she should administer diagnosis for kidney stones. Usually, the doctor will make a diagnosis of kidney stones using an assessment of the person's clinical history. Here, he or she will ask a couple of questions that involve the person's lifestyle, diet, fluid intake, past experience with kidney stones, and if there is possible family history of kidney stones.

This is very effective in the initial assessment of kidney stones in a person because it provides the doctor with information on what caused the stone formation. From here, the specialist can make a hypothesis or an "educated guess" and will refer you to undergo the needed medical procedures.

2. Undergo a thorough physical examination exam. Another effective means of diagnosing kidney stones is a thorough physical examination. Here, the specialist will run a series of physical tests that can help him or

her determines conditions, which can put an individual at higher risk for kidney stone formation. Through a thorough physical examination, the doctor can discover risks such as specific diseases and medical conditions, certain injuries, recent immobilization, and abdominal scars that might be effects of any previous medical procedure or surgery.

3. Opt for a laboratory study of your blood and urine. This is also another effective means of diagnosing kidney stones. During a laboratory evaluation, the person's blood and urine samples will undergo thorough observation and studies. Collecting a sample of urine to be analyzed is called "urinalysis". Urinalysis is one of the simplest tests to detect the presence of blood and bacteria present in the urine.

This is also done by the specialist or the attending assistant to accurately measure the levels and amount calcium—which is the primary component of common kidney stones—electrolytes, and uric acid as well as the other components in the samples. Aside from the acidity of the person's urine, other components in the blood is also paid attention to ensure that there will be not further complications.

Other significant laboratory tests include blood tests for "creatinine" which evaluates the proper function of the kidney, the "BUN" and "electrolytes" which is used to detect levels of dehydration, "calcium" which is done to detect hyperparathyroidism, and a complete "blood count" which is primarily done to detect any infection in the person's system. During the laboratory evaluation, the kidney stone sample is also collected to analyze and

determine what type of is it stone. Knowing the type of kidney stone is important so the physician can plot the appropriate treatment for it as soon as possible.

4. Follow up the diagnosis with X-ray. Kidney stones can also be diagnosed through a possible follow-up with an X-ray evaluation. Here, the specialist or the assistant will use x-rays to identify the location of the kidney stone. Through x-ray, the size of stones and its number can be seen.

It may also help the doctor to identify which type of kidney stones is present in the person's kidney.

How to Effectively Prevent Kidney Stones

Kidney stones or "urolithiasis" are known to develop in a person's body when there is a collection of materials—such as minerals—to a small stone. These stones are commonly found in the kidney, but there are also those that stay in the ureter or in the bladder. Also called "nephrolithiasis," by physicians, kidney stones can cause a great deal of pain to an individual when it blocks the urine flow. When this is not diagnosed and given proper treatment as soon as possible, it can lead to a several kidney problems that can last for a long time.

Experts agree that one of the most effective means of treating kidney stones is through prevention. Unlike severe diseases and illnesses, kidney stones can easily be prevented if the person will set his or her mind into healthy lifestyle.

More and more studies show that among the primary causes of kidney stones—aside from clinical history, hereditary factor, and medical condition of a person—is unhealthy. This is by living a sedentary life with no regular physical exercise or routine and by eating foods that are not friendly to the kidney.

In order to prevent kidney stones, the first thing that people need to do is to take in lots of fluid, specifically water. Experts agree that the best way to

prevent kidney stones is by flushing it out from the system. And what's the best way to do it? By drinking a large amount of liquids, especially water which is free from major impurities.

Taking in lots of water everyday—at least 8 glasses or more—will flush out waste products in the body and can help dilute the minerals or other stone-forming materials such as salts present in the person's urine. For those who are already suffering from kidney stones or those that are prone to it, experts say that they should avoid drinking liquids with other components such as sodas and other juices to avoid the fast formation of kidney stones.

Next is to develop certain modifications in diet. Undeniably, diet plays a huge role in maintaining good health. Keeping the body free from kidney stones will greatly depend on how balanced the diet of that person would be. Majority of kidney stone-sufferers today share the same type of stone—the calcium oxalate stone.

As the name suggests, this type of stone can only be developed with too many calcium intakes. Experts say that for people to veer away from kidney stones, they should cut down on foods that are high in calcium and oxalate such as dairy products including leafy vegetables, soda-colas, cranberries, chocolates, and peanuts.

To avoid developing stones made of salts, people should also avoid meals that have high sodium content. People should focus on eating foods that

are high in fiber and should also increase their citric acid or vitamin C intake. By doing this, you can your kidney stones would be dissolved in no time due to the citric properties of citrus.

Lastly, to effectively prevent kidney stones, people who has it or those who are prone to it must take in proper medication. In severe cases of kidney stones, proper medication would help such as thiazide, sodium cellulose phosphate, oral calcium supplement, allopurinol, polycitra K, thiol, D-penicil-lamine, Acetohy-droxamic acid or AHA, and toradol to help relieve kidney pain and reduce the amount of stone-forming materials in the body.

How To Simply Avoid and Prevent Kidney Stones

Many experts agree that kidney stones— if not diagnosed as early as possible can cause a person a great deal of pain and discomfort. Aside from that, it can also cause people to develop many complications as time go by.

Kidney is a very important organ in the body that is why it is a must that people take care of it to avoid having complications such as kidney stones. Experts agree that the primary way of avoiding kidney stones is having a major lifestyle modification. By doing this, you can eliminate bad and unhealthy practices that affect your kidney.

One of the most practical means of preventing and avoiding kidney stones is through a diet modification. This diet modification should involve fiber, protein, calcium and sodium. Experts say that by increasing fiber intake and decreasing protein intake during your meals, there are greater chances of being spared from kidney stones. People who are prone to kidney stones should also decrease the amounts of calcium in their diets.

In fact, having moderate intake of calcium is very a simple yet very effective means of staying safe from kidney stones because it reduces the chances of developing the most common type of kidney stones, the calcium oxalate. Cutting down is sodium intake is also a must because you lessen the risks

of developing kidney stones easily. Experts advise that people who are prone to kidney stones should only consume less than 1,500mg everyday.

Another effective step is to increase water intake. Being a universal solvent, drink sizeable amounts of water can definitely help you avoid kidney stones. When there is enough water on your body, you can eliminate wastes from the body—especially in the kidney. Experts say that two liters of urine will keep people away from kidney stones. Since this is the case, you need to drink at least eight glasses to ensure that you will have enough liquid to wash away impurities in your body.

You should also stay fit and active. Like in all illnesses, having a fit body can keep you safe from the pangs of kidney stones. When people have sedentary lives, they are more prone to kidney stone due to lack of physical movements. Being active—through regular physical exercise—will not only help you achieve a sexy body but can also prevent development of kidney stones.

How? When people are into regular exercise or physical routine, they develop a good sense of discipline, which can lead them to healthy habits. Once this discipline is achieved through exercise, nothing will serve as a hindrance in maintaining healthy lifestyle.

And lastly, you must listen to what your body says. This is probably the most sensible tip that people who are prone to having kidney stones can do. They must understand that as they bodies grow older, there are some

functions that tend to go slower such as those of the kidney. To avoid developing kidney stones and suffer from it, people must know when to listen to what their body says.

It means that if they feel something bad, they should always be open to the possibility that they might be suffering from something. Indeed, the best way to listen to what the body says is by scheduling a check up with a physician to do an overall checking.

Kidney Stones Research

Kidney stones have been present for a very long time in human history. It was said to have been found in a mummy that is over seven thousand years old. That should be enough proof that humans have long been afflicted by it. These days though people are more aware of kidney stones, why they exist and what to do about them.

Proper information that states how usual it is to develop kidney stones reduces a lot of panic because now you do not have to immediately rush to the emergency room. People now know that drinking lots of water is not just for beautiful skin but also for a healthy kidney.

There maybe times though when drinking tons of water is not enough so more drastic measures need to be taken because the kidney stones cannot be flushed through urine. Here then comes the next option which is surgery. It used to be open surgery procedure for kidney stone removal but in recent years, doctors have found a way to take out kidney stones without the patient having to go under the knife.

Three of the most popular kidney removal surgeries are extracorporeal shock wave lithotripsy (ESWL), percutaneous nephrolithotomy and ureteroscopy. It is very important to remember that all your decisions should be carefully thought of and that you should always be constantly

coordinating with your doctor. There should be a thorough understanding of the different procedures and more significant is the awareness of the different risks involved.

The Division of Kidney, Urologic and Hematologic Diseases of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) maybe a mouthful but its cause is something that is really worth fighting for. The group sources and manages funds for research on the causes, treatments, and prevention of kidney stones. This group affiliated with the National Institutes of Health in Bethesda, MD is so passionate that new medicines and the growing field of lithotripsy have been a great help in finding safer and better treatments for kidney stones. This is really good news for those who are victims of kidney stones otherwise known as the silent stone because it can go on undetected.

Some of the questions this group want answered include: Why do some people continue to have painful stones? What are the long term effects of lithotripsy? What is/are the natural substance(s) found in urine that blocks stone formation? How can medicine help people identify symptoms of kidney stone formation? Finding the answers to these questions are very crucial in advancing the research so that soon kidney stones prevention and treatment will be as easy as preventing or treating coughs and colds.

With the hope of good things to come in the field of kidney stone research, we go back to the basics. First, someone who is at risk for developing stones may need certain blood and urine tests to determine which factors

can be controlled to reduce risks. Second, the first and most elementary way to prevent kidney stones from forming is to drink plenty of fluids and that means more than eight glasses of water a day.

Last and certainly not the least is to keep in mind that getting treated is not enough. A person undergoing treatment should be patient in doing follow up tests to make sure that the treatment is working.

Kidney-Stones

There are different kinds of kidney stone and it forms from different salts in our urine. There are 4 different types around and here they are.

The first is called a calcium stone and among the 4, this is the most common. It looks spiky or large and smooth. This is made from calcium oxalate or calcium phosphate.

It is very common because there are a lot of people who have excess levels of vitamin D or have an overactive parathyroid gland. This may also develop in people who are suffering from cancer or kidney disease.

Next you have uric acid stones which are smooth, soft and color brown. You can get this from eating a lot of meat products. Patients who have undergone chemotherapy are at risk of getting uric acid stones. Both the calcium stones and the uric acid stones commonly occur among men.

You also have struvite or infection stones. These are usually large and have a horn like shape and often develop when there is too much ammonia present in your urine. This occurs if you have UTI or urinary tract infection because the bacteria that causes this infection generates ammonia. This type of stone is found generally in women.

Lastly, you have cystine stones. What makes this different is the fact it is color yellow and crystalline. From the name itself, you can only get it if you have high levels of cystine in your urine.

In some cases, cystine combines with arginine, lysine and ornithine. This is a genetic disorder known as cystinuria which happens when the kidney tubules are not reabsorbing the amino acids adequately. This is very rare and it can happen to anyone between the ages of 10 and 30 regardless of gender.

The good news is that despite the different types of kidney stones around, it can be prevented. The best way to do that is to drink lots of water which is equivalent to about 3 liters of water everyday because this helps make the urine clear rather than the color yellow.

Since more people are at risk from developing calcium stones, you should reduce your calcium intake and cut down on vegetables like asparagus and cooked spinach. Do the same for the amount of tea that you drink and the chocolate that you eat.

To prevent having uric acid stones, you should cut down on fish, meat and poultry products. If necessary, your doctor may also prescribe some medicine to help you along the way which is the same to reduce the risk of developing cystine or struvite stones.

Should you already have kidney stones and it is causing problems, you

have to see your doctor so both of you can figure out what treatment option is best suited for the situation. You have to remember that the doctor has to figure out first what type of stone is in your system.

With that, he or she will be able to tell you what needs to be done. Your response to this should be more questions so you know what you are getting yourself into. Yes there are ways to deal with kidney stones but you have to know how effective is the medication or treatment, what measures you have to take to prevent this from happening again and if there has been any permanent damage.

Kidney Stones Basics

Many people don't realize it but when the kidney suffers from complications such as kidney stones, it can disrupt its filtering function and may even cause more complicated diseases in people. Experts say that not all kidney stones are harmful as long as they are not located in the ureter—the tube that is connected with the bladder and where urine passes.

For people who are prone to kidney stones, it is a must to know the basic things that they must to ensure that they are knowledgeable enough in case they might be suffering from the condition.

The first thing that a person who is prone to kidney stones must know is what is it. As defined, kidney stone is a result of substances and other minerals crystallized in the urine. Kidney stones are hard pieces of materials that can block the passage of urine and may cause pain and infection to the person suffering from it. These stone may grow in size and in number when remained undiagnosed or untreated. Experts categorize kidney stone types into four: the "calcium oxalate", the "struvite stone," the "uric acid stone," and the "cystine stones."

Next is what are the possible causes of the condition. Experts say that there are many factors that may lead to the possible causes of kidney stones. These factors may include "heredity," referring to the kidney related

diseases that runs in many generations of the family; the "geographical location" which says that the places where the disease is common caused by other related factors such as climate and way of living; "diet" which greatly trigger the cause of the stone especially if they have high contents of calcium, sodium, and "oxalates," which refer to products that may contribute to the increase in the levels of kidney stone-forming chemicals and substances in the body.

Knowing the signs and symptoms of kidney stones should follow this. You might be suffering from kidney stones if you feel insistent pain in varying levels in your back or side, tinge of blood present in your urine, slight chills or fever which indicates infections, often vomiting, foul smelling urine, cloudy or yellowish urine, urge to urinate often and painful urination.

You should also know are prone to kidney stones. Many studies show that middle-aged men are more prone to developing kidney stones compared to other age brackets. This is because this is when people are reckless and careless about their lifestyles. However, women and kids may also suffer from kidney stones depending on their risk factors such as heredity, lifestyle, and medical condition.

People must also be very aware how kidney stones are diagnosed. Physicians are the best ones who can give accurate diagnosis on kidney stones. When you visit a doctor, he may perform medical history check, lifestyle check, and laboratory tests and examinations so he would determine which treatment options are appropriate for you.

Lastly, what are the treatment options available for this condition. For mild kidney stones, medications to relieve pain are given. For those who are having more complicated stones, medical procedures are available such as shock waves, lithotripsy, tunnel surgery and ureteroscopy.

Today, it seems that people who are already suffering from kidney stones are usually the last ones to realize the importance of taking care of the kidney. Knowing the basics will help one to realize the importance of the organ in the functions of the body and for the overall health as well.

Kidney Stones In Kids

More and more studies show that majority of the children who are prone to developing kidney stones are those that suffer from underlying medical conditions which increases their risk of developing stones this early. For parents to understand how to deal with kidney stones in case their kids suffer from it, they must first understand everything about the condition. Having a broad understanding of the condition can help parents trace possible causes, identify symptoms, and give immediate response to the child in pain.

Kidney stones—just like in adults—has different types of stones which can either be "calcium oxalate" which is the most common and caused by too much presence of calcium in the urine, the "struvite stones," "uric acid stones," and "cystine stones." These types vary depending on the levels of the minerals found and their characteristics.

Parents would never know if their children are suffering from kidney stones if they are not familiar with its symptoms such as abdominal or back pain, blood in the urine or hematuria, vomiting or nausea, and the often need to urinate. In younger kids, these symptoms cannot easily be recognized that is why there is a need to undergo laboratory evaluation and tests. Since kidney stones is not common among children, especially to younger ones, it is a must to identify the risk factors present such as:

1. History of the kidney stones. If the family has history on this disease, it is likely that children will become more prone to the condition in the future. Studies show that kids who have history of kidney stones are likely to suffer from the same problem in the next 10 to 20 years of his or her life.

2. Low fluid—especially water—intake. If the child exhibits this habit, he or she is prone to kidney stones because it affects the ideal amount of urine that should be released daily. It should always be remembered that if there were lesser water or fluid intake, the chances of developing kidney stones are much higher because there will be more concentration of substances that leads to faster kidney stone formation.

3. Diet and amount of food intake. This especially those high in animal protein such as beef, pork, lamb, or chicken are likely to develop kidney stones because they have higher concentration of protein which is one of the primary causes of kidney stones. Many experts believe that children who consume too much protein are at risk in developing "calcium oxalate stones" along with problems in terms of intestinal absorption.

Other symptoms to look out for include experience in cystic fibrosis, suffering from urinary tract abnormalities like dysfunction of the bladder or the kidneys, some inherited disorders from the parents, and undergoing medications such as "furosemide," "allopurinol," and "acetazolamide" which are known to promote formation of urine crystals that leads to the formation of kidney stones.

Experts say that before, children are lesser prone to kidney stones because they are healthier and more physically active. But, over the years, there has been a constant increase in the number of children that are being affected by kidney stones.

Maybe because more and more kids now are living sedentary lives by being in front of the computer or by eating foods that are high in protein, calcium, and sodium.

Surgical Procedures for Kidney Stones

Kidney stones are not really dangerous because normally it gets out of the body through urination. Then again there are cases when kidney stones develop to something bigger than expected so they stay in the body. When this happens then it is time to visit your doctor so that you can go through necessary tests and figure out the next best steps to be taken. Usually a patient with kidney stones may just be advised to stay home and drink lots of water so that eventually the kidney stones are flushed out. Sometimes though that is not enough and so after careful thought surgery may be considered as it is needed.

There are many things to consider before someone with kidney stones should consider surgery. Here are some of the things to observe and take note of. If you are experiencing these things then you seriously have to start thinking about surgery. If the kidney stones seem to be stuck over quite a long period of time and is starting to cause the person pain. Also, when the kidney stones blocks the normal flow of urine and causes a urinary tract infection to persist. On very bad occasion, ignored kidney stones that are getting bigger may eventually cause kidney tissue damage which is evident in bleeding.

For over 20 years open surgery was the only way to go when it comes to removing kidney stones. As in any open surgery, recovery period takes a

long period of time as in around four to six weeks which is really bad news. This is the reason why people tend to just self-medicate thinking it will wade out.

However things can just get worse if you leave things at that but who can blame those people? Going under the knife is not something that is easy to undergo. The good news is that these days, due to advancement in technology, many surgery choices for the removal of kidney stones no longer require open surgery and can even be performed in an outpatient setting.

Here a number of procedures are discussed. The most common surgery choice is Extracorporeal Shock Wave Lithotripsy or ESWL. There are a number of ESWL devices available but basically they all work the same way. Shock waves are created outside the body and then it penetrates the skin and tissues to make its way through the kidney stones that will eventually be broken down into small pieces.

Now for more kidney stones in more complicated areas or states, there are other procedures to choose from. For larger stones or kidney stones that are hard to locate, there is the percutaneous nephrolithotomy. This requires a bit of going under the knife since a surgeon has to make a tiny incision at the back to create a tunnel directly to the kidney. What is good about this procedure is that it can remove fragments of kidney stones directly. For stones located in the mid and lower ureter, Ureteroscopy might be needed. No incision is required for this procedure.

The surgeon simply passes a small fiberoptic instrument called a ureteroscope until it reaches the ureter. Upon locating the kidney stone, it is removed with a cage-like device or breaks it with a special instrument that produces shock wave. This particular procedure, however, is rarely used to day because of the high risks involved.

The Effective Means of Treating Kidney Stones

Doctors say that are generally not harmful. It only becomes harmful and even life threatening when a person suffering from it feels discomforting pain and presence of blood in their urine. Many experts say that the problem why people who are suffering from kidney stones is that they always tend to be complacent in keeping up with a healthy diet and regular exercise. They—deliberately or not deliberately—without realizing that they will suffer and spend more money once the condition gets worse over time.

Today, the most common types of kidney stones among people are the calcium oxalate stones and uric acid stone, which are caused by too much calcium and sodium intake. These types of stones are not really that harmful unless they increase in size fast and block the uteter—the tube that is connected to the bladder and will cause urination problems.

To avoid further complications, it is but natural for people to seek for treatments to spare them from too much pain and expenses. Today, there are so many types of treatments and medications available for people with kidney stones. These forms of treatments vary depending on the severity of the condition. Experts say that people who have mild kidney stones can sort to medication, which are usually prescribed for certain types.

Medication is considered, as the initial form of treatment especially for

symptomatic kidney stones which is common among patients. This is used by people who show early signs of kidney stones such as pain with varying degrees. The most common medication includes the Nonsteroidal Antiinflammatory Drugs or NSAIDs like ibuprofen, naproxen, nifedipine, and tamsulosin, which are effective in speeding up the passage of ureteral stones along the uterer. These come in different brands, come in pill form and can be brought over the counter.

For extreme pains, medication can be through the vein to ensure that it will take effect faster. This process of medication is also ideal for people who have low tolerance in taking oral pills. If NSAIDs cannot be administered directly, fluids can also be given to the patient suffering from the pain of kidney stones through the mouth to ensure that there will be enough supply of fluid for the urine.

Other treatments options

Although medication can be administered at home, there will be times that the patient need to be brought to the hospitalized especially if the pain does not subside immediately. Once hospitalized, the patient will be asked to strain urine in order to cover the stone and collected for laboratory analysis. Here, the type of stone will be determined as well as its size and number through an imaging test. If your kidney stones are smaller than 5 millimeters, you're safe to take medication.

But if the stone is about 10 millimeters, you will need to undergo a

procedure such as: "Shock Wave Lithotripsy (SWL)" which is the most common option of procedure because it can easily remove stones in the renal pelvis and upper ureter.

The "Percutaneous Nephrolithotomy (PNL)," that is ideal for complex and extremely large kidney stones because it involves invasive surgical procedure in the process of removal which are small telescopic instruments passing through the person's skin.

And the "Ureteroscopy" which is used for removing stones that are obstructed in the middle and lower portion of the person's ureter with the aid of a tiny telescopic instrument passes through the urethra and bladder and into the ureter and kidney to remove the kidney stones.

The Importance of Early Diagnosis in Kidney Stones

Those people who are prone to kidney stones must familiarize themselves with the different types as early as possible so they would know what to adjust. Aside from setting lifestyles changes, knowing what type of kidney stones develop in the body is also important because it will help you do the things that will prevent their existence in your body system.

Many people are not aware of it but there are actually different types of kidney stones that some individuals suffer from. Among those types, the most common that most people develop is called "calcium oxalate stone." While others are called "struvite stones," "uric acid stones," and "cystine stones." These types vary depending on what cause them and their characteristics.

Medical alerts for kidney stones

To be able to address the condition properly, it a must for people who are prone to having kidney stones to familiarize themselves with the condition. In order to determine if one is suffering from kidney stones, here are some medical alerts or symptoms to be noted:

- pain in varying levels. As vague as it is, pain in varying levels is one of the major medical alerts of kidney stones. Considered as a common symptom

for kidney stones, pain may vary depending on the size of the kidney stone and the length of time that it remains undiagnosed. Experts say that pain—which can be mild or extreme—is normal for people who suffer from kidney stones. This is because as the stone increases in size and weight, the more discomfort it brings especially during urination. Another form of pain that can be experienced due to kidney stones is from renal colic, which brings waves of severe pain that lasts for more than 10 minutes and can even last for an hour depending on the location of the kidney stone.

- presence of blood in the urine or the condition called "hematuria." The presence of blood in the urine is quite disturbing but this is one of the most common medical alerts of kidney stones.

Immediate diagnosis is a must

Most people don't know it but almost 50 percent of the people who suffer from kidney stones would likely have them again in the next 10 years or so? This is because many of the sufferers do not continue medication and they cease from maintaining healthy diet and lifestyle.

People who are likely to suffer from kidney stones can go to any hospital's Emergency Room or "ER". Here, you can ask the attending physician or the hospital clerk on duty to undergo testing. It is advantageous for you to go straight in the ER because hospital people will attend to you directly. In most cases, it would take a long time before one can actually set at check up with a specialist. So it would be best if you go directly to the ER and get

the prompt attention that you need.

Diagnosis can be done through an assessment of the person's clinical history, a physical examination, laboratory evaluation, and x-ray for follow up. Having early diagnosis can definitely help you determine which type of kidney stone is present and would lead to faster and reliable treatments.

Once you feel pain in different extent along with nausea or vomiting, pain with urination, and at times, the urgent need to urinate which are usually characterized among children and adults, then you should have yourself checked by the doctor because you might be suffering from kidney stones.

The Natural Way of Fighting Kidney Stones

For those people who are suffering from kidney stones, experts say that the easiest means for them to deal with the condition is to flush it out from one's system. Although this can be done by using medication or through simple medical procedures, it is always best to do it the natural way. Some of the natural means in dissolving kidney stones and flushing it out from person's system is by drinking tea. Since time immemorial, tea has been giving people a lot of benefits. And one of which is helping the body's system to flush out waste products that could bring health complications.

More and more individuals who have suffered from kidney stones would agree that tea—those that contain Chinese herbs such as plantain leaf, meadowsweet, Joe-pye weed, and sarsaparilla—can help dissolve kidney stones because these contain natural properties, which are good in eliminating excess uric acid in the body.

People in China are known to use the mentioned herbs—in the form of tea—to treat kidney stones. Combined with other herbs such as corn silk, wild yam root, hydrangea root, yarrow leaf, and cramp bark, tea preparation can be an effective means of dissolving small kidney stones in no time. To make the tea more effective, longer time in preparation is a must. This is done to ensure that all the natural properties will be intact. Although many people attest to its effectiveness, this may not work for everyone especially

to those who bleed easily.

Another means of dissolving kidney stones the natural way is through diuretic tea. For this type of tea, you can choose either dandelion or corn silk. Many people say that these herbs are the two most popular choices of diuretic that can produce early results. When combined with other herbs such as nettle leaf, fennel seed, and oat straw, diuretic tea can be more effective in dissolving even medium-sized kidney stones.

If you are not the type of using herbs as a natural means of fighting kidney stones, there are much simpler ways such as:

1. Taking in lots of fluid. People with kidney stones must drink at least 8 glasses of water to flush out body waste.
2. Opting for lemonade preparation. With the properties present in lemons, it can delay the development of stones in the person's body.
3. Eating foods that are rich in fiber but low in protein, calcium, and salt. By doing this, you will have lesser risk for kidney stones because you are veering away from the major causes of kidney stones.
4. Engaging on a regular physical exercise. Experts say that one of the reasons why people become prone to kidney stones is due to lack of movements. By veering away from a sedentary living, you can delay and even postpone the formation kidney stones.

Today, many studies show that the most common problems of people involving their kidney is the presence of kidney stones which, are pieces and clumps of waste products formed in this specific body organ. People may not know this but kidney stones can be literally compared to the real stone because they are hard and can be painful specially when they grow in terms of numbers.

But, unlike the real stones, kidney stones can be dissolved once they are diagnosed early.

Treating Kidney Stones

Treating kidney stones may or may not involve surgery. Ninety-percent of the time, you don't even have to go under the knife because your body will be able to expel it. But what happens to the remaining ten percent?

That remaining ten percent requires surgery because the stones which have clogged up your system are too large to pass through your bladder and is still growing bigger. It could also block urine flow, give you constant pain, damage your kidney tissue or cause you to have UTI or urinary tract infection.

There are currently 4 methods to deal with kidney stones.

The first is ESWL or extracorporeal shockwave lithotripsy. Here non-electrical shock waves created outside your body will travel to the skin until it reaches the dense stones. Within minutes, the stones will form into sand. For this to work, you will be placed in a tub of warm, purified water or onto a machine that acts as a medium for the non-electrical shockwaves to pass through.

Second, you have PNL or percutaneous nephrolithotomy. This is used when the kidney stone is quite big and ESWL does not work. Here, the doctor will make a small cut on your back to create a tunnel into the kidney.

The stone will then be removed using an instrument known as a nephroscope. If the stone is too large, an energy probe will be used. There are two types namely ultrasonic and electrohydraulic.

Third, there is what is known as ureteroscopic stone removal. Here, a small fiberoptic instrument goes through the urethra and bladder to reach the ureter. Once inside, the stone is located and removed with a special instrument that emits a shockwave. After surgery, a tube will be left inside the ureter for a few days to help the lining of the ureter heal.

The fourth option is open surgery. Basically, the doctor will open the affected area and then remove the kidney stone. It is also possible to inject a solution consisting of calcium chloride, cytoprecipitate, thrombin and indigo carmine into the kidney first to trap the stones in a jelly like clot so it will be easy to remove using forceps.

Kidney stone can come back even after you have had surgery. Should it happen again, it only means one thing and that is you did not take preventive measures.

These precautions include drinking 6 to 8 glasses of water a day which is about 3 liters as this will make your urine look clear instead of yellow. You should make changes in your diet because too much calcium is bad for your health. Some of the things you should reduce include apples, black pepper, chocolate, coffee, cheese, grapes, ice cream, oranges, tomatoes and yogurt.

Reductions should also be made in fish, meat or poultry products because this increases your uric acid. If you drink alcohol often, cut it down since there is no harm if this is taken in moderation.

Now we all know that it is impossible to eat the same things everyday to maintain a balanced diet. What you can do however is take supplements.

The best way to treat kidney stones is prevention. It will also save money since you have to pay for the doctor, the medication and the fees that are done to make the correct diagnosis.

Understanding Kidney Stones

Kidney stones can happen to anyone regardless of gender or age. But studies have shown that this is more common during middle age and three times more in men. So what are the symptoms of kidney stones?

The most common symptoms of kidney stones include bloating, blood in the urine, cloudy or foul-smelling urine, an increase in the frequency of urination, nausea and vomiting, pain during urination and tenderness in the abdomen and kidney region.

You may also experience pain that goes on and off. This may last for minutes to several hours which you may feel in the kidney, lower abdomen or groin. You may also have chills, fevers and a loss of appetite which happen to be the same symptoms associated with urinary tract infection or UTI.

What happens then? To find out what is really going on, you have to see your doctor. Once there, you will answer a few questions and then undergo several tests to see if you have kidney stones or not. The results of the test will determine what type of treatment will be done.

If the kidney stone measures 4 mm in diameter or less, there is a strong chance that you don't need surgery and your body can expel it. If it is 8 mm

and above, this is the only time that medical intervention is needed.

Medical intervention is another way of saying surgery. There are 4 types of surgery that can help treat kidney stones and these are namely ESWL or extracorporeal shockwave lithotripsy, PNL or percutaneous nephrolithotomy, ureteroscopic stone removal and open surgery.

Before you agree to any procedure, you have to know what type of stone is in your kidney. There are 4 types namely calcium, uric acid, struvite and cystine and knowing what it is can already tell you what caused it. It can also help you understand the type of treatment the doctor is recommending.

From there, you can ask how effective is the treatment that they are recommending and what are the risks.

Another good question you can ask is if the kidney stone has caused any permanent damage.

Kidney stones can also be treated by alternative medicine.

You can drink various herbs such as bearberry, cleavers, corn silk, crampbark, gravel root, kava kava, khella, seven barks and stone root. Homeopathic remedies include berberis vulgaris, cantharis, ocimum canum and pennyroyal. Hot packs may also work.

Keep in mind that alternative treatments for kidney stones can only be used if the stones can be expelled by the person. If not, this must be discontinued and a health professional should be the one who will monitor the situation.

Kidney stones should be taken seriously because things could get worse unless it is attended to immediately. You should know that even if the treatment is successful, kidney stones do recur and your best defense against that is prevention.

You will need to make some lifestyle changes and follow the doctor's directions because there are a few other things you need to know based on your chemical risk factors. In the end, the power is in your hands because this may put you at risk later on of kidney failure. While getting a transplant is possible, just remember that you have to wait because there are other people who also need it.

What Are Kidney Stones

Kidney is one of the most sensitive and important organs of the body so if something happens to it, necessary steps have to be taken to make sure that there is still time to fix the problem. When the kidney fails then there is a greater chance that the organs will fail as well. One of the most common ailments to strike the kidney is the formation of kidney stones and even though it seems to be trivial, it has to be given attention.

Kidney stones have affected human beings for many years already. It has been said that traces of kidney stones were found in a 7000 year old Egyptian mummy which means that kidney stones are actually part of ancient history.

Another fact to consider is that more than half a million people rush to hospital's emergency rooms are found to have kidney stone problems. It simply shows how prevalent it is and the commonality of it should not be a reason to take it for granted but it should also not cause us to panic. Despite the long history of humans with kidney stones and the startling increasing number of people affected by it, most cases of kidney stones are actually very minor in the sense that the stones can be flushed out of the body without outside intervention through regular urination.

If however discomfort lingers or complications arise in relation to the

presence of kidney stones in the body then there is a need to consult your doctor so that proper assessment can be done. There is nothing to fear though because most of the medical steps needed to get rid of kidney stones do not involve any major surgery.

A kidney stone is scientifically defined as a hard lump of mass that are formed from crystals that are left behind in the urinary tract. For a normal person, the urine has chemicals that disables these crystals from forming. It is when these inhibitors fail to do their job that causes the problem but as mentioned earlier you can easily get rid of smaller stones.

However if the kidney stones are bigger in size that it can't be simply gone then there are procedures available to take it out. The good news is because of advancements in technology, most of these procedures do not require for the person afflicted to be opened up. There are special instruments that can melt or crush the kidney stones and putting them inside the body do not have to involve having a knife go through one's body.

For unqualified reasons, more and more people seem to be getting kidney stones. As per cases reported, it is men in their forties and seventies that are prone to getting kidney stones. It is also important to mention that once a person gets stones then that person is more susceptible to forming kidney stones in the future. Hence the key here is really prevention. The main problem though is that there are really no singularly very particular cause of kidney stones.

Doctors though are one in saying that the best way to prevent it is in drinking fluids preferable water. This is not the same though as in drinking just eight glasses of water a day but rather it is highly advised to drink water whenever you can.

What Are Kidney Stones

Kidney stones form when minerals or salts which are normally found in the urine become solid. Most of the time, they are too tiny and do not cause any damage to the kidney because the body is able to expel it. But if they build up inside the kidney, then we have a problem.

The problem starts when the stones move out of the kidney and then go through the ureters which are the little tubes that carry urine from the kidney to the bladder. If it gets stuck here, an infection will occur which may lead to kidney damage.

You will find out if you have a kidney problem when there is pain in one side of your back or on both, you experience spasms, notice bloody, cloudy or smelly urine, you don't not feel well, you urinate frequently and when you have fevers and chills.

The symptoms mentioned are very similar to UTI or urinary tract infection and you will only know what is going on when you have yourself checked by a doctor.

What causes kidney stones is still not known. What doctors know is that this happens often to men than to women.

These individuals fall within the 20 and 40 age group, have a family history of kidney stones, take certain medications such as antacids, diuretics and thyroid medications, have one kidney or one that is abnormally shaped, eat a lot of protein in their diet, often dehydrated, have poor mobility and have had a disease in the small intestine or small intestinal bypass. Although it is treatable, a new one can develop within the next 5 years.

Doctors tell the difference between UTI and kidney stones through a variety of tests. These include blood test, urine analysis, x-rays, ultrasound and non-contrast helical computerized tomography. If initial reports confirm the findings, then treatment is administered.

Treatment for someone who has a kidney stone varies per patient because this depends on the type of stone that is inside the body. If it is nothing serious, the doctor may not even have to do anything except tell you to drink lots of water and stay physically active.

It is going to hurt trying to expel the stones out from your system so this can be identified which is why you may be prescribed a paracetamol or codeine to reduce the pain. It is only when there is an infection that antibiotics will be given and surgery will have to be performed.

Examples of such procedures include extracorporeal shockwave lithotripsy, ureteroscopic stone removal and percutaneous nephrolithotomy. In simple terms, the doctor may use one machine to break the stones down using shockwaves, by simply pulling it out or using later to cut them into small

pieces.

Kidney stone can easily be removed thanks to advances in modern medicine. If you have one or you think that you could have one, it is best to visit your doctor to see what is really the problem and the proper action can be taken.

When it is all over and the kidney stones are removed, it is best to make some lifestyle changes because they could come back and you will have to go through this ordeal all over again. Surely, you wouldn't want that to happen.

What Are the Different Types of Kidney Stones

There are 4 kinds of kidney stones and these are formed by different salts found in your urine. What makes each one different is what caused it.

One of the most common is the calcium stone.

These stones can easily be identified because it looks spiky or at times large and smooth. The reason why these are called calcium stones is because these are made from calcium oxalate or calcium phosphate.

You may have calcium stones if you have excess levels of Vitamin D or an overactive parathyroid gland. This occurs frequently to people suffering from cancer or kidney disease.

The second type of kidney stone is the uric acid stones. These are smooth, soft and color brown and you get it from eating too much meat products. People who are at risk of this are patients who have just undergone chemotherapy.

The third type is the struvite or infection stones. These are big and appear like a horn like shape that often develops when you have excess amounts of ammonia in your body.

You are at risk of this if you already have UTI or urinary tract infection because the bacteria that causes this infection generates ammonia. Unlike the first two types of kidney stones, this one is generally found in women.

The fourth and last is the cystine stones. This is easy to tell because it is color yellow and crystalline. You can also have cystine stones if you have high levels of cystine in your urine. But this is very rare because it can only happen if you have a genetic order known as cystinuria. This occurs when kidney tubules are not reabsorbing the amino acids adequately.

The good news is that kidney stones can be treated and prevented. Sometimes drinking lots of water and taking some medication will help flush it out of the body. If the stones are too big, then surgery will be needed.

If you have had kidney stones in the past, remember that they can be happen again so you should take preventive measures. You should drink lots of water daily and make changes in your diet.

For instance, if you want to reduce the risk of developing calcium stones, you have to reduce your intake of certain vegetables such as asparagus and cooked spinach. You should also drink less tea and limit the chocolate you eat.

Since uric acid stones come from eating too much meat products, cut down your fish, meat and poultry intake. Should you be at risk for cystine or struvite stones, ask your doctor for preventive medication.

You will never know what kind of kidney stones are in your body unless you go visit a doctor. From there, he or she can tell you what it is and then recommend the proper treatment. Most of the time, you can flush it out yourself but if there is no other choice, you may have to undergo surgery.

Believe it or not, in most cases doctors do not know what causes kidney stones to appear. They may have an idea what caused it after identifying what kind of stone it is and only recommend what preventive measures you can take so it does not happen again. If you don't take this seriously, remember they do come back.

What Diet is Ideal For People Suffering From Kidney Stones

What Diet is Ideal for People Suffering from Kidney Stones

Indeed, there is no more effective means of fighting any disease but proper diet. Many experts agree that having the right diet is one of the keys in treating and preventing common diseases such as kidney stones. This is because if there is controlled diet, people can choose not to consume foods that can lead to the faster formation and faster growth—in the cases of those who already have kidney stones.

Kidney stones refer to the salts and other minerals formed in the vital organs such as kidneys, ureters, and bladder. There are a large percentage of people who can be prone to this because these stones tend to form naturally. However, not all kidney stones should be neglected because they can cause extremely uncomfortable pangs of pain and can even result to more complicated related diseases.

How can diet help

Specialists in the field of medicine would agree that the easiest way to fight kidney stones is by having a diet that is balanced and appropriate for age. This is because having a balanced diet would not ensure that one is getting all the key nutrients he or she needs but also assures them that they will have lesser chances of developing diseases such as kidney stones.

For people who are suffering from kidney stones, experts advise them to take specific preventive measures in preventing kidney stones as early as now. This is because the earlier the possible causes are prevented the greater chances of having kidney stones risks. Here are suggestions when it comes to diet to lessen the chances of having kidney stones:

- increased fluid intake. This is quite effective in fighting kidney stones because if you have enough amount of liquid in your body, it can wash away toxins and flush them out from the body. Increasing fluid intake, especially water, is the simplest yet most effective way of fighting kidney stones because it can help you keep hydrated while leaving your system clean. The ideal water intake should be 8 glasses but since people with kidney stones need more to flush out salts and other minerals in the body, 10 to 12 glasses is recommended daily.

- controlled sodium intake. Too much salt or sodium is one of the primary causes of kidney stones because it increases the calcium levels present in the person's urine. Doctors advise people with calcium stones to cut down or totally eliminate sodium intake from the foods that they eat. This is because too much salt intake will only make the condition more complicated and may also cause other related diseases.

- higher the intake of fiber-rich foods. Fiber is considered beneficial to people with kidney stones because it contains several compounds—mostly are phytate—that guards the kidney against the formation of stones. Experts say that people who are suffering from kidney stones and those

who would want to be spared from it should increase their calcium intake coming from the foods they eat such as wheat, rice bran and soybeans.

More and more experts agree that along with early diagnosis, eating the right set of foods is very crucial in keeping one's self away from kidney stones. For those who are already suffering from this condition, all the more that they need to pay attention to their diet because this directly affects the degree or severity of the kidney stones.

[New Kidney Stones Breakthrough](#)

[Kidney Stones Removal Report](#)

[Kidney Stone Guide](#)

[The Kidney Disease Solution](#)

[Kidney Diet Secrets](#)