

Family Medicine Clerkship Plain Language Summary Template

Title: How you can prevent kidney stones?

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Plain Language Summary:

What is a kidney stone?

Kidney stones (nephrolithiasis or renal lithiasis) are small, hard deposits that form in the kidney. There are different types of kidney stones, which have different causes. Having too much of one substance in the urine can create kidney stones. The most common type of kidney stone is made of calcium oxalate. Kidney stones are common and can run in families. They are most common in adults, particularly men, but premature babies can get them too.

What does a kidney stone feel like?

Kidney stone pain often starts in the low back. The pain can make it hard for people to sit still. This pain is called renal colic. Sometimes the pain extends into the groin. As the stone moves from the kidney to the bladder and out the urethra the pain can change. Kidney stones can make urinating painful and can cause urine to look red, pink, or brown. Passing a kidney stone is often painful.

How are kidney stones treated?

Treatment depends on the type of stone and symptoms. Many stones will pass by themselves. It is important to drink water when you have a kidney stone. Some stones are very painful and require hospitalization. If a stone is too big or is blocking urine surgery may be necessary.

How are kidney stones prevented?

There are some medications to prevent kidney stones. However there are others things you can do to prevent kidney stones. It is very important to drink lots of water. The recommendation is 8 glasses of water everyday. Cutting out soft drinks can also help prevent kidney stones. There are not any special diets to stop kidney stones from forming and natural supplements will not prevent kidney stones from coming back.



Additional Resources:

MedlinePlus:

<http://www.nlm.nih.gov/medlineplus/kidneystones.html>

PubMed Health:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001493/>

Key Words:

Kidney stones

Nephrolithiasis

Renal Colic

Prevention

Hydration

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