

# STONED!

**Kidney stones look like tiny pieces of gravel.** They build up out of minerals in the urine. They can grow in your kidney without causing symptoms.

**But when they start to move, get ready to suffer.** Few things on earth are more painful than a kidney stone stuck in your urinary tract on its way to the toilet.



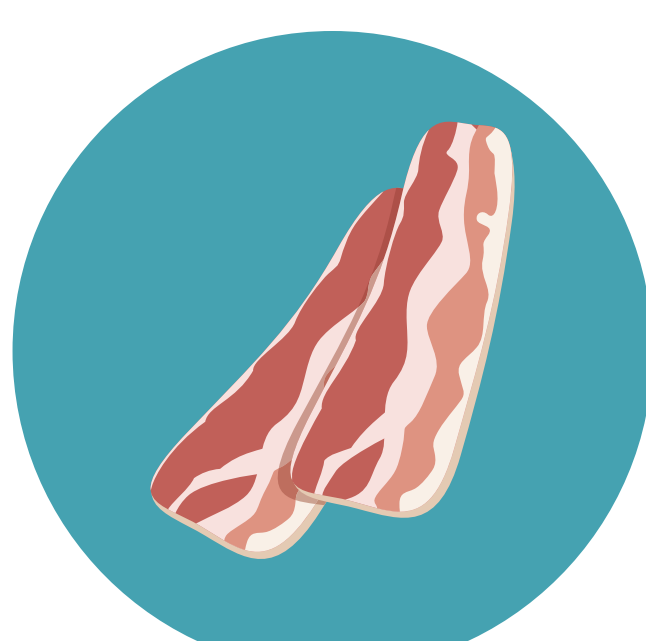
## Who gets stoned?

**White men in their 30s and 40s have the highest incidence.** But everyone is at risk. On average, 1 in 11 in the U.S. are affected by kidney stones.



## More are getting stoned.

**The prevalence of kidney stones is increasing.** Possibly owing to rising rates of obesity, diabetes and poor diets.

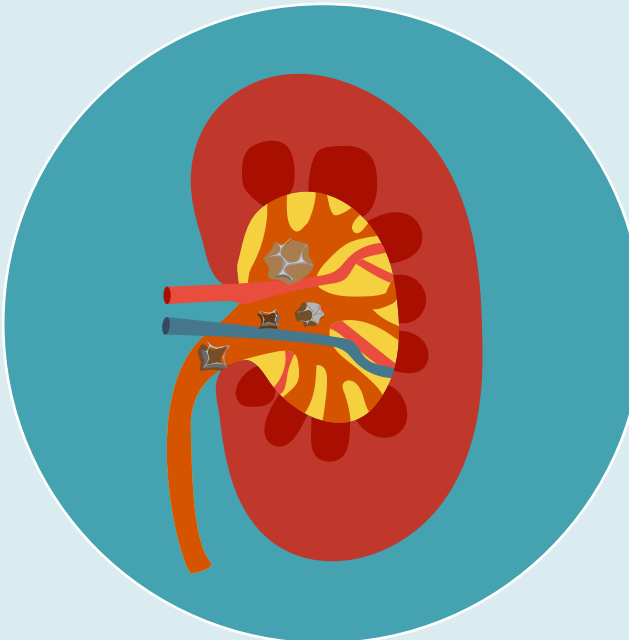


## What foods get you stoned?

**Sodium and non-dairy animal protein** contribute to the creation of kidney stones.

## How do you get stoned?

**Kidney stones are formed from the minerals and salts in the urine.** They build up when you drink too little water, or have an underlying disease condition or genetic abnormality.



## What if I don't want to get stoned?

**Pee more!** Urination flushes out the kidney and urinary tract. Drink lots of water: enough to produce clear or light straw-colored urine. Dark urine means you're not drinking enough water.



## Stone-free munchies

**Eat more fruits and vegetables to stay stone-free.** Avoid salt and meat of all kinds. The low-sodium DASH diet helps to prevent kidney stones.

## PASSING OUT

**Most stones don't hurt until they start to move.** When they do, Katie bar the door. The pain can be excruciating. You won't need to be told to call a doctor immediately. You will.

## Slightly stoned.

Some small kidney stones can sometimes be flushed out by drinking lots of water. Pain-relievers and muscle relaxants can help them on their way.

## Majorly stoned.

Big stones not only hurt, they tear and damage tissue on the way out. Big stones call for big treatments, like:

- ▶ **Extracorporeal shock wave lithotripsy (ESWL).** You lie on a table while a device shoots shock waves at the stone until it breaks up.
- ▶ **Minimally invasive surgery.** Tiny instruments are used to remove the stone through a small incision in your back.
- ▶ **Ureteroscopic surgery.** A scope goes up your ureter, locates the stone, and allows its removal or destruction by special tools.



## How do I know when I'm stoned?

As long as a stone is just sitting there, it may cause no symptoms. Trouble happens when stones block the flow of urine. **Pain and blood in the urine are the most common symptoms.**

Cloudy, smelly urine, along with fever, chills and weakness, might signal an infection. Call your doctor as soon as possible.



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### Sources

[my.clevelandclinic.org/services/urology-kidney/diseases-conditions/kidney-stones-overview](http://my.clevelandclinic.org/services/urology-kidney/diseases-conditions/kidney-stones-overview)

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