

# Kidney Stones



## What are Kidney Stones?

Kidney stones are hard deposits of minerals and salts that form inside your kidneys. They can vary in size and shape, causing discomfort when passing through the urinary tract.

This pamphlet is for informational purposes only and should not replace professional medical advice. Please consult your healthcare provider for personalized care.

## Treatment Options

- Pain management through prescribed medications.
- Hydration therapy to help pass small stones.
- Medical procedures such as:
  - Lithotripsy (using sound waves to break up stones).
  - Ureteroscopy (removal of stones using a thin scope).
  - Surgery (for large or complex stones).

## Causes & Risk Factors

Kidney stones form when certain substances in urine, such as calcium, oxalate, and uric acid, become concentrated.

Risk factors include dehydration, high-sodium diet, obesity, certain medical conditions, and family history.

Medications and supplements can also contribute to stone formation.

## Diagnosis

Diagnosis is typically made through imaging tests such as X-rays, CT scans, and ultrasounds, as well as urine and blood tests to identify stone-forming substances.

Identifying the type of stone helps in determining the appropriate treatment and prevention strategies.