

KIDNEY STONE PREVENTION THROUGH DIETARY CHANGES

Depending on the type of kidney stone, changing your diet may help reduce your risk of forming new stones.

If you have calcium oxalate stones (most common):

- Avoid high oxalate foods. Examples include avocado, oranges, grapefruit, canned or dried pineapple, rhubarb, beets, spinach, potatoes, Swiss chard, tofu, almonds, peanuts, bran, chocolate.
- Eat more calcium: Milk, yogurt, cheese. Calcium is not the main cause of calcium oxalate kidney stones. In fact, a diet low in calcium actually increases your chances of stones. Aim for 1000-1200 mg/day.
- Reduce sodium. Aim for no more than 2,300 – 3,300 mg/day. The average person with stones consumes twice this amount. Canned foods, deli meats, and restaurant foods tend to be high in sodium.

If you have uric acid stones:

- Cut down or eliminate red meat, organ meat, shellfish, sardines, anchovies, beer/alcohol, and beverages with high fructose corn syrup.
- Eat more fruits, vegetables, whole grains, and low-fat dairy.

All stone types:

- Don't exceed 60 mg/day of vitamin C. Most supplements have much more.
- Watch your protein intake. Too much protein causes kidneys to excrete more calcium than usual, reducing the amount of calcium your body needs and potentially causing stone formation.
- Drink plenty of water: 10-12 cups a day. Frequent urination helps avoid kidney stones. If your activities cause you to sweat a lot, drink even more water.
- Citrate prevents stones by binding to calcium in the urine. Adding lemon or other citrus juices to your water and diet can help prevent stones.



For more diet details, visit:
litholink.labcorp.com/resources/diet-resources



HOW WE TREAT KIDNEY STONES

We know that kidney stones can be extremely painful. That's why we invest in the most advanced, immediate care, including:

Lithotripsy

Shock waves break stones into tiny pieces that can pass through your urinary tract with your urine.

Stone Aspiration Removal

A vacuum device that fragments, irrigates, and removes kidney stones and dust in a single procedure.

Percutaneous Nephrolithotomy

Removes kidney stones through a small incision in your back with the aid of a tiny camera.

Ureteroscopy

Your urologist inserts a tiny ureteroscope into your urinary tract to see and remove the stone(s).

We are not a fan of the Stones!

If you're suffering from a kidney stone right now, help is available.

Go to urologygroup.com and click "Get Help Now" on the home page.

