



Kidney Stones: Know the Signs. Prevent the Pain.

Kidney stones are a common yet painful urinary condition affecting people of all ages. Early awareness of symptoms, causes, and preventive measures can help avoid complications and reduce the need for surgery. This quick guide will help you understand kidney stones and know when to seek medical care.

When to Consult a Urologist

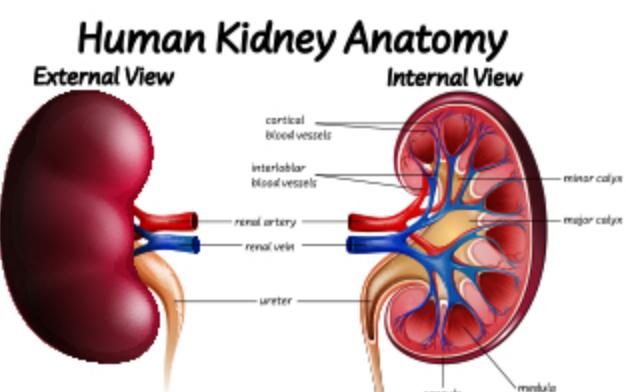
- Burning or pain during urination
- Recurrent urinary tract infections (UTIs)
- Kidney or urinary stones
- Prostate-related problems
- Narrowing of the urinary passage
- Kidney, urinary tract, or prostate cancer
- Male sexual or fertility issues
- Dialysis access (AV fistula) or kidney transplant care

Causes of Kidney Stones

- Inadequate water intake
- High salt and high-protein (meat-rich) diet
- Foods high in oxalate or uric acid
- Medical conditions such as gout, recurrent UTIs, or parathyroid disorders
- Family history of kidney stone

Common Symptoms

- Pain in the lower abdomen, back, or side
- Nausea or vomiting
- Blood in urine
- Pain while passing urine
- Fever (in some cases)
- Sometimes, no symptoms at all



Tests for Kidney Stones

- Ultrasound
- X-ray or CT scan
- Blood and urine tests

Treatment Options

- Small stones (<7 mm): Increased fluids and dietary changes
- Painful ureteric stones: May require medical or surgical intervention
- Medicines: Help some stones pass naturally

Prevention Tips

- Drink 2-2.5 liters of water daily
- Reduce salt, packaged foods, and excess protein intake
- Limit oxalate-rich foods (spinach, broccoli, tomatoes, dry fruits)
- Avoid excess butter, cheese, chocolate, coffee

Kidney stones are preventable and treatable when detected early. Adequate hydration, a balanced diet, and timely consultation with a urologist can make a significant difference. With today's modern, minimally invasive treatments, safe and effective kidney stone care is well within reach.