

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



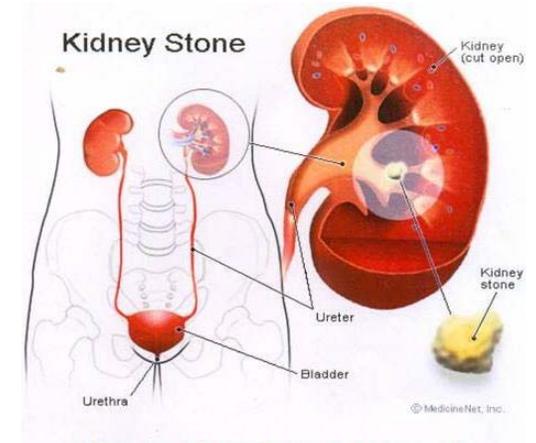
Health Education Library For People

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Kidney Stones



Understanding Kidney
Stones and Treatment

Kidney Stones: A kidney stone is a solid piece of material that forms in the kidney from substances in the urine. It may be as small as a grain of sand or as large as a pearl. Most kidney stones pass out of the body without help from a doctor. But sometimes a stone will not go away. It may get stuck in the urinary tract, block the flow of urine and cause great pain.

Symptoms: Extreme pain in your back or side that will not go away, Blood in your urine, Fever and chills, Vomiting, Urine that smells bad or looks cloudy, A burning feeling when you urinate

Causes: Kidney stones can form when the urine contains too much of certain substances. These substances can create small crystals that become stones. Kidney stones may not produce symptoms until they begin to move down the ureter, causing pain. The pain is usually severe and often starts in the flank region, then moves down to the groin.

Kidney stones are common. A person who has had kidney stones often gets them again in the future. Kidney stones often occur in premature infants.

Risk factors include renal tubular acidosis and resultant nephrocalcinosis.

Some types of stones tend to run in families. Certain kinds of stones can occur with bowel disease, ileal bypass for obesity, or renal tubule defects.

Types of stones include:

Calcium stones are most common., Cystine stones, Struvite stones, Uric acid stones. These stones can grow very large

and can block the kidney, ureter, or bladder.

Other substances also can form stones.

Exams and Tests: Pain can be severe enough to need narcotic pain relievers. The abdomen or back might feel tender to the touch. If stones are severe, persistent, or come back again and again, there may be signs of kidney failure.

Tests for kidney stones include:

Analysis of the stone to show what type of stone it is, Straining the urine to catch urinary tract stones, Uric acid level, Urinalysis to see crystals and red blood cells in urine

Stones or a blockage of the ureter can be seen on: Abdominal CT scan, Abdominal/kidney MRI, Abdominal x-rays, Intravenous pyelogram (IVP), Kidney ultrasound, Retrograde pyelogram

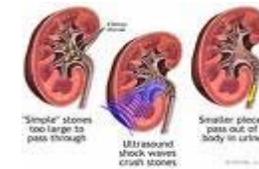
Tests may show high levels of calcium, oxylate, or uric acid in the urine or blood.

Treatment : The goal of treatment is to relieve symptoms and prevent further symptoms. (Kidney stones usually pass on their own.) Treatment varies depending on the type of stone and how severe the symptoms are. People with severe symptoms might need to be hospitalized. When the stone passes, the urine should be strained and the stone saved and tested to determine the type.

Drink at least 6 - 8 glasses of water per day to produce a large amount of urine. Some people might need to get fluids through a vein (intravenous).

Pain relievers can help control the pain of passing the stones (renal colic). For severe pain, you may need to take narcotic analgesics.

Depending on the type of stone, your doctor may prescribe medicine to decrease stone formation and/or help break down and remove the material that is causing the stone.



Stones that don't pass on their own might need to be removed with surgery. Lithotripsy may be an alternative to surgery. It uses ultrasonic waves or shock waves to break up stones. Then the stones can either exit the body in the urine (extracorporeal shock-wave lithotripsy) or be removed with an endoscope that is inserted into the kidney via a small opening (percutaneous nephrolithotomy).

You may need to change your diet to prevent some types of stones from coming back.

Call A Medical Professional

If you have symptoms of a kidney stone.

Also call if symptoms return, urination becomes painful, urine output decreases, or other new symptoms develop.



