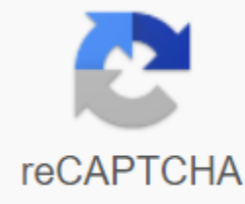


Dietary guidelines for kidney stones



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This material should not be used for commercial purposes, or in any hospital or medical facility. Non-compliance can lead to legal action. Kidney stones are formed in the urinary system when water and waste in the urine are out of balance. When this happens, certain types of waste crystals are separated from urine. Crystals form and form kidney stones. Kidney stones can be made from uric acid, calcium, phosphate or oxalate crystals. You may have a few kidney stones. What increases the risk of kidney stones? Do not drink enough fluids (especially water) every day Having urinary tract infections often Too many certain foods such as meat, salt, nuts and chocolate Obesity Some medications such as diuretics, steroids and antacids Family history of kidney stones To be born with kidney or intestinal disorder What are the signs and symptoms of kidney stones? Pain in the middle of your back that moves through to your side or which can spread to the groin Nausea and vomiting Urge urination often, burning feeling when you urinate, or pink or red urine tenderness in the lower back, side or stomach As stones in the kidneys diagnosed? Your doctor will ask about your health and regular food. He or she can refer you to a urologist. You may need tests to find out what type of kidney stones you have. Tests can show the size of kidney stones and where they are in the urinary system. You may need more than one of the following: A urine test can show if you have blood in your urine. They can also show a large amount of substances that form kidney stones, such as uric acid. Blood tests show how well your kidneys work. They can also be used to check the level of calcium or uric acid in the blood. X-rays or ultrasound images can be taken from your kidneys, bladder and urea. You may be given a contrasting liquid before X-rays to help them appear better in photos. You may need to take some X-rays. Tell your doctor if you have ever had an allergic reaction to a contrast fluid. How do kidney stones be treated? NSAIDs such as ibuprofen help reduce swelling, pain and fever. This medicine is available with or without a doctor's order. NSAIDs can cause gastric bleeding or kidney problems in some people. If you are taking blood thinners, always ask your doctor if NSAIDs are safe for you. Always read the drug label and follow the instructions. Prescription painkillers can be given. Ask your doctor how to take this medicine safely. Some prescription painkillers contain acetaminophen. Don't take any other medication, acetaminophen without orally with your doctor. Too much acetaminophen can damage the liver. Prescription painkillers can cause constipation. Ask your doctor how to prevent or or Constipation. Medications to balance your electrolytes may be needed. A procedure or operation to remove kidney stones may be required if they do not go away on their own. Your treatment will depend on the size and location of the kidney stones. What can I do to control kidney stones? Drink more fluids. Your doctor may tell you to drink at least 8 to 12 (eight ounces) cups of liquid every day. It helps to get rid of kidney stones when you urinate. Water is the best liquid to drink. Strain the urine every time you go to the bathroom. Urinate through a strainer or piece of thin cloth to catch the stones. Take the stones to the doctor so they can be sent to the lab for testing. This will help your health care providers plan the best treatment for you. Eat a variety of healthy foods. Healthy foods include fruits, vegetables, whole grain bread, low-fat dairy products, beans and fish. You may need to limit how much sodium (salt) or protein you eat. Request information on the best food for you. Stay active. Your stones can pass easier if you stay active. Exercise can also help you manage your weight. Ask about the best activities for you. When should I seek immediate medical attention? You have vomiting that is not exempt from medicine. When should I contact my GP? You've got a fever. You're having trouble getting through your urine. You see blood in your urine. You're in a lot of pain. You have any questions or concerns about your condition or care. Care agreement you have the right to help plan your treatment. Learn about your health and how it can be treated. Discuss treatment options with health care providers to decide what kind of care you want to get. You always have the right to refuse treatment. The above information is only educational help. It is not intended as a medical consultation for individual conditions or treatment. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you. © IBM Corporation 2020 Information is only used for end users and cannot be sold, redistributed or otherwise used for commercial purposes. All illustrations and images included in CareNotes® are owned by A.D.A.M., Inc. or IBM Watson Health Further Information Always to ensure that the information displayed on this page is relevant to your personal circumstances. Medical Failure More on Kidney Stones Associate Watson Micromedex Bladder Stones Ureteroscopy Symptom checker Symptoms and treatments Mayo Clinic Reference Stones in The Kidney Small Masses of Salts and which form inside the kidneys and can travel through the urinary tract. Kidney stones range in size from speck to size, like a ping pong ball. Signs and symptoms of kidney stones include blood in the urine, and pain in the abdomen, groin or flank. Flank. 5% of people develop kidney stone in their lives. Kidneys regulate the level of fluids, minerals, salts and other substances in the body. When the balance of these compounds changes, kidney stones can form. There are four types of kidney stones, each of which consists of different substances. Urinary acid and cystine are two compounds that can consist of kidney stones. Factors known to increase the risk of kidney stones include dehydration, family history, genetics, and the presence of certain diseases. Having one or more family members with a history of kidney stones increases the risk of disease. In the U.S., the number of people developing kidney stones is growing. The reasons for this trend are unknown. The prevalence of kidney stones was 3.8% in the late 1970s. In the late 1980s and early 1990s, the number increased to 5.2 per cent. Caucasian ethnicity and male sex are associated with higher rates of kidney stones. Men tend to develop kidney stones between the ages of 40 and 70; With age. Women experience kidney stones most often at the age of 50. A person who suffered from one stone in his kidneys is more likely to develop another. Many kidney stones are painless until they travel from the kidneys, down the ureter, and into the bladder. Depending on the size of the stone, the movement of the stone through the urinary tract can cause severe pain with a sudden onset. People who have kidney stones often describe the pain as excruciating. The lower back, abdomen and sides are frequent places of pain and cramping. Those with kidney stones can see blood in their urine. Fever and chills are present when there is an infection. Seek prompt medical attention in case of these symptoms. Kidney stones are diagnosed, excluding other possible causes of abdominal pain and related symptoms. Visual tests, including X-rays called KUB (kidney, ureter, bladder) or CT, are often used to confirm the diagnosis of kidney stones. Although the amount of radiation associated with these tests is minimal, pregnant women and others may have to avoid even these low levels of radiation. In these cases, ultrasound can be used to diagnose kidney stone. Most people with kidney stones can pass them on their own within 48 hours by drinking plenty of fluids. Pain medications can relieve discomfort. The smaller the stone, the more likely it is to pass without intervention. Other factors that affect the ability to pass the stone include pregnancy, prostate size, and patient size. Stones that are 9 mm or more usually do not pass by themselves and require intervention. 5 mm stones have a 20% chance of passing on their own, while 80% of stones measuring 4 mm have a chance to pass without processing. Litotripsy is a procedure Uses shock waves to break the kidney stone into smaller pieces that may be easily excluded from the body. The device used for this procedure is called litotripter. Kidney stones can also be surgically removed. Percutaneous nephrolithotomy is a procedure in which a kidney stone is removed with a small cut of the skin. The kidney stone can also be removed using a urethroscope, a tool that has advanced through the urethra and bladder to the ureter. The best way to avoid kidney stones is to prevent the most common cause - dehydration. You are adequately hydrated when your urine is clear. Most people require 8 to 10 glasses of water a day. Avoid grapefruit juice, which is associated with the development of kidney stones. Diet is a factor in some cases of kidney stones. A nutritionist may recommend products to reduce the risk of kidney stones. Higher than recommended amounts of vitamin D, vitamin C, salt, protein and foods containing high oxalates (dark green vegetables) may increase the risk of stone formation. Eating a low-protein diet low in sodium with sufficient calcium reduces the likelihood of stone development. Being overweight is associated with kidney stones. In one study, weight gain from early adulthood was associated with an increased risk of stone formation. Other factors associated with the risk of kidney stones were increased waist circumference and a high body mass index (BMI). Physical inactivity can increase risk. Some medications such as acetazolamide (Diamox) and Indinavir (Crixivan) are associated with the formation of kidney stones. Sources: IMAGES PROVIDED BY: Flickr /Ken Gantz MedicineNet iStockPhoto / Don BaleyBigStockPhoto / Sebastian Kaultizki BigStockPhoto / Martin Allinger (both photos) Flickr / Jay M. Dillon Photo courtesy gramercy Urology Solutions BigStockPhoto / Wolfgang Amri BigStockPhoto / Ron Chapple Journal of the American Medical Association National Center for Biotechnology Information, National Library of Medicine: Trends in the recorded prevalence of kidney stones in the United States: 1976-1994. 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