



J. Mathews Joseph, MD
Anumeet Priyadarshi, MD

Middle Tennessee Nephrology

Kidney stone disease is a relatively common problem. 19% of men and 9% of women will be diagnosed with a kidney stone by age 70. 75% of all stones are calcium stones and about 10% are pure uric acid stones. Adequate calcium intake is however important, to prevent kidney stones. **Prevention** of renal stones is what we try to help you achieve.

Several **risk factors** can cause kidney stones and few are mentioned below:

- High level of **Parathyroid hormone** (different from thyroid hormone)
- High calcium and / or oxalate in urine
- **Bowel problems** that lead to poor absorption of nutrients: Crohns disease, bowel resection, bypass for obesity
- High dose of vitamin C
- Low **citrate** (found in fruits) levels
- Low fluid intake, obesity
- Medical conditions like diabetes and "sponge kidney"

You can **prevent** NEW kidney stones with the following measures:

- High fluid intake so that you make 2 liters of urine per day (68 ounces per day)
- Coffee, tea and alcohol may have lower risk of stones
- Do not drink cranberry juice in large amounts (1 liter / day or 68 ounces per day)
- Avoid sugar sweetened beverages and colas
- Avoid excessive animal protein with a history of calcium stones
- Increase most fruits and vegetables except star fruit, spinach, rhubarb, potatoes
- Avoid nuts and legumes (beans, peas, soybeans, lentils, etc.)
- Reduce salt intake and increase potassium intake
- Limit sucrose and fructose (sugars in your diet)
- Adequate calcium intake is still important, about 1200 mg / day

The degree to which the risk factors contribute to stone disease varies in different people.

