

KIDNEY STONES

WHAT YOU NEED TO KNOW ABOUT CKD AND KIDNEY STONES



More than half a million people go to emergency rooms for kidney stone problems each year. It is estimated that one in ten people will have a kidney stone at some time in their lives. Kidney stones can vary in size and be as small as a grain of sand or as large as a pebble.

What is a kidney stone? A kidney stone forms in the open spaces inside your kidneys. They can form in one or both kidneys. A kidney stone contains certain chemicals that cannot be dissolved in the urine. These chemical start as tiny crystals which continue to grow until a stone is formed.

What causes a kidney stone to form? Kidney stones begin to form when there are high levels of crystal-forming chemicals such as calcium, oxalate, uric acid or salt and too little liquid in the kidney. Stones can also form if there is too little stone-blocking agents in the urine.

What are the most common symptoms of a kidney stone? Symptoms include:

- Severe lower back pain that can move into the groin area
- Frequent pain while urinating
- Making small amounts of urine
- Pain can be associated with fever and chills or nausea and vomiting
- Change in color of urine or blood in urine

How are kidney stones diagnosed? The diagnosis of a kidney stone starts with a description of your symptoms and a physical exam. Imaging tests such as a CT scan or x-ray, a urine test, and/or a blood test may also be necessary.

How are kidney stones treated? The treatment options for kidney stones depends on many factors. For example, treatment options depend on the size of the stone, the composition of the stone, whether it is causing pain and whether it is blocking your urinary tract. Your doctor will determine which treatment option is best for you and your situation.

Some treatment options for kidney stones include:

- **Medication and Fluids.** This treatment option involves passing the stone naturally through your urinary tract with the use of pain medicine and plenty of fluids.



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214.358.2300 | 877.654.3639
dneph.com