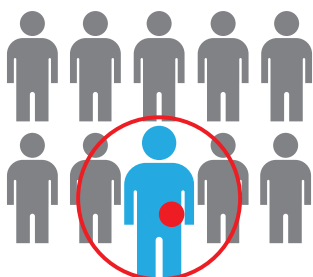




# Kidney Stones

a common condition



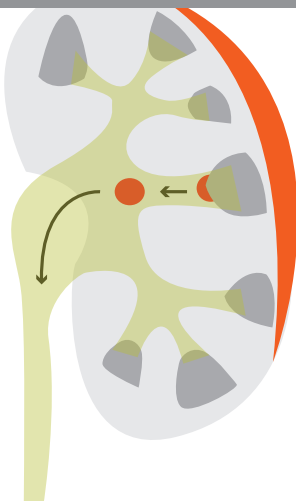
**1 in 10**

people will have a kidney stone in his or her lifetime

## Q: what is a kidney stone?

**A:** Urine has various wastes dissolved in it. When there is too much waste in too little liquid, crystals begin to form. The crystals attract other elements and join together to form a solid, also known as a kidney stone, that will get larger unless it is passed out of the body with the urine.

After it is formed, the stone may stay in the kidney or travel down the urinary tract into the ureter, where it can cause severe pain, obstruction and bleeding.



## prevention!



### 4 TIPS

**Drink fluids!**

Drink 2-3 liters daily.



**Water is best**

Water is generally the best fluid to drink. Another option—sugar-free fresh lemon or lime juice mixed with water.



**Eat fruits & veggies**

In general, eating a diet high in fruits and veggies, moderate in low fat dairy and low in both salt and animal protein might prevent kidney stone formation. Most Americans eat more than the recommended amounts of animal protein and salt.



**Stick to treatment plan**

After a kidney stone, working with a doctor for an individual treatment plan that considers fluid intake, diet, and sometimes medication is key.

