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The kidney is one of the key organs of human body that helps in the process of removing waste products away from the body by way of urine. Consider these important points:

1. Sometimes, the waste products are not dissolved and they remain in solid form in the kidney.

2. Such crystals or lumps of waste products are referred to as Kidney stones. The size of the kidney stone varies from small, medium to large.

3. Kidney stones sometimes may block the urinary track and thereby cause pain while passing urine.

4. The number of people suffering from this problem of kidney stones has shown a steady increase. This situation has been aggravated in the last decade due to wrong food habits.

Symptoms of Kidney Stones

Most kidney stones do present symptoms. Helpful points to keep in mind are:

1. The person suffering from kidney stones may feel pain in the lower abdomen. He or she may feel nausea accompanied with vomiting.

2. Sometimes blood may be seen in the urine.

3. Frequent and painful urination may also be a symptom of the presence of kidney stone. Many people feel stinging or burning sensations while passing urine.

4. If there is a foul smell along with pus in urine, then there is a strong indication that there is a stone present in the kidney.
Kidney Stones Treatment

Here are some treatments and tips to consider for any kidney stone issues you run across, of course get approval from your family doctor first:

1. If the stone is small, then it may just pass out in urine. Taking adequate fluid and pain control pills will be sufficient for removing such stones.

2. Grape juice may increase the complications of kidney stone. Therefore, you should not take this while receiving treatment. Instead you could take extra two glasses of water daily to remove the small kidney stones.

3. Calcium channel blockers will help in removing small stones. However, it may have some side effects. If you have severe pain then your doctor will prescribe non-steroidal anti-inflammatory to relieve pain.

Kidney Stone Prevention

1. Kidney stones are formed by high calcium and high oxalate level. This can be controlled by taking balanced diet. Taking a lot of milk based food products, alkaline foods and vitamin supplements may cause kidney stones as well. Extreme intake of vitamin c or its supplements will cause stones. You can avoid such foods or take in small quantities.

2. Drinking adequate water will help in preventing kidney stones. However, taking in more salt and processed food will cause stone formation in kidneys; hence this should be carefully avoided. High fiber diets are also very helpful in the prevention of kidney stones.

3. Preventing dehydration and diarrhea may help preventing kidney stones. Ginger ale, lemon juice and fresh fruit juices can prevent stone formation.

FACTS ABOUT KIDNEY STONES

1. Normally adults aged over 20 years are more likely to be affected by kidney stones.

2. Kidney stones may affect men above 40s more.

3. Women are likely to be affected by kidney stones when they reach 50 years of age particularly during the time of menopause.

4. Kidney stones are not new – they been around 7000 years before now.

5. A recent study shows that 10 % of people experience pain due to kidney stones in their life time.
6. Some small kidney stones can be dissolved without any medication.

7. Kidney stones are developed from crystals that separate from the urine. Normally the content in the urine consists of chemicals which prevent crystals. However such chemicals may fail to work properly for some people.

Totally awesome info here, yes -- and you know there is still a lot more to learn, a lot more to share about Kidney Stones Guide with Treatment and Prevention Tips…
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