



Kidney Stones

WHAT YOU SHOULD KNOW

Kidney stones are hard, rock-like deposits in the urinary tract. They can range in size from a grain of sand to a golf ball. It's three times more common for men than women to develop kidney stones.

FACTORS IN KIDNEY STONE FORMATION

- ▶ eating foods high in chemicals and protein
- ▶ dehydration
- ▶ hot climates
- ▶ kidney infections
- ▶ family history

SYMPTOMS OF KIDNEY STONES

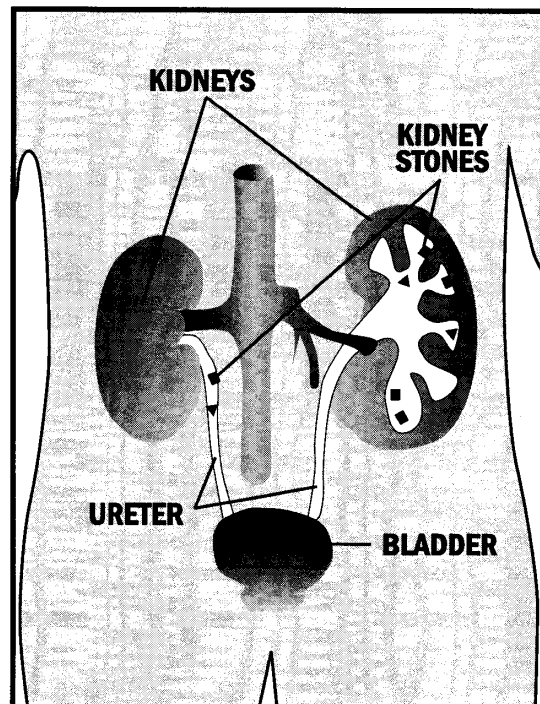
sudden severe pain in the back, side, abdomen or groin

bloody urine

infection

nausea

frequent or burning urination



TREATMENT

Drinking a lot of water can help prevent them and flush them out. Some kidney stones can be dissolved with medication.