

K05 Preventing Kidney Stones

February 2010

Intro: One out of ten. That's how many people will get a painful kidney stone sometime in their lives. And once you get a kidney stone you're at risk of getting another. But doctors at Mayo Clinic have some good news. They say you can take control and prevent kidney stones for the most part, if you're on the right program.

Video

Audio

Total running time 1:26

"I KNEW IMMEDIATELY THAT
SOMETHING WAS WRONG
BECAUSE I WAS IN SEVERE PAIN."
THE PAIN OF RECURRENT KIDNEY
STONES KEPT DEVELOPER JEFF
CONN AWAY FROM THE JOB SITE.
"I HATED TO BE AWAY."
BUT THERE WAS NO WAY JEFF
COULD WORK THROUGH THAT
AGONY.
"THE PAIN OF KIDNEY STONES IS
LEGENDARY."

William Haley, M.D.

Mayo Clinic

MAYO CLINIC NEPHROLOGIST DR.
WILLIAM HALEY AND UROLOGIST
DR. MICHAEL WEHLE WANT TO

Michael Wehle, M.D.
Mayo Clinic

STOP THE PAIN OF KIDNEY
STONES FOR PEOPLE LIKE JEFF.
HOW? BY TEACHING PEOPLE HOW
TO PREVENT THEM.

“WE CAN BE SUCCESSFUL 90% OF
THE TIME OF PREVENTING THAT
NEXT STONE.”

YOU SEE KIDNEY STONES OCCUR
WHEN CERTAIN SUBSTANCES IN
YOUR URINE INCREASE IN
CONCENTRATION AND BEGIN TO
CRYSTALIZE. THE STONES CAN
MOVE INTO THE OPENING OF THE
KIDNEY OR URETER AND CAUSE
BLOCKAGES. THIS CAUSES PAIN
AND COULD ALSO CAUSE
INFECTION OR LOSS OF KIDNEY
FUNCTION.

William Haley, M.D.
Mayo Clinic

“THERE ARE UNIQUE REASONS
THAT ARE DISTINCT TO EACH
PATIENT AS TO WHY THEY MAKE
KIDNEY STONES.”

Standup
Vivien Williams

FOR INSTANCE, MAYBE IT'S

Reporting

Michael Haley, M.D.
Mayo Clinic

CERTAIN FOODS YOU EAT OR
MAYBE YOU DON'T DRINK ENOUGH
WATER. BLOOD AND URINE
SAMPLES ANALYZED IN THE LAB
CAN HELP PINPOINT THE
CULPRITS.

"THEN WE CAN PUT INTO MOTION
DIETARY CHANGES, OCCASIONAL
MEDICATIONS, OR A CHANGE OF
THE AMOUNT OF WATER THEY
DRINK."

JEFF MADE SOME DIETARY
CHANGES.

"ALL TYPES OF COLA PRODUCTS
ARE NO LONGER ALLOWED. I
CAN'T EAT SPINACH."

AND SINCE THOSE PREVENTIVE
MEASURES, JEFF HAS NOT HAD
ONE SINGLE KIDNEY STONE.

FOR MEDICAL EDGE, I'M VIVIEN
WILLIAMS.

Anchor tag:

Kidney stones are often hereditary. But as Jeff found out, you can prevent them.
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