

## Kidney Stones



# Avoiding the Pain of Kidney Stones

Reedsburg Area Medical Center's tips and tools for helping to prevent kidney stones.

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## Tips and tools for preventing kidney stones

**Kidney stones:** the dreaded condition where hard deposits form in your kidneys and there's—usually—only one way out. Anyone who has suffered from kidney stones in the past knows the pain they can cause.

And the worst part is: if you've had them before you're more at risk for getting them again.

Although there's no sure way to prevent kidney stones, there are steps you can take and treatments that can reduce your risk and length of agony. **Reedsburg Area Medical Center urology specialist, Dr. Thomas Wood, is here to help.**

# How at Risk Are You?

Take this quick quiz to evaluate your risk of getting kidney stones

**1. You eat spinach:**

- a. Always—it's a staple of every meal (3 pts)
- b. Sometimes—there's a time and a place for salad (2 pts)
- c. Never—kale is the new spinach (1 pts)

**2. You stay hydrated by:**

- a. Constantly sipping water throughout the day (1 pts)
- b. Occasionally having a cup of coffee (2 pts)
- c. Not really trying that much. In fact, you're probably dehydrated right now. (3 pts)

**3. Have your family members suffered from kidney stones?**

- c. All of us. It's a family curse. (3 pts)
- a. I'd be the first (1 pts)
- b. Maybe an uncle or two (2 pts)

**4. Caffeine is:**

- a. To be avoided (1 pts)
- b. Essential (3 pts)
- c. An occasional occurrence (2 pts)

**5. In terms of looks I'm:**

- a. Keeping my weight mostly in check (2 pts)
- b. Keeping it tight at the gym (1 pts)
- c. Overweight (3 pts)

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Now add up your points for each question

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Question 1

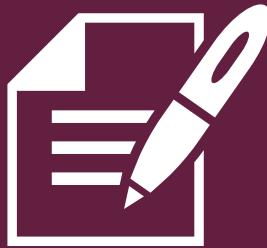
Question 2

Question 3

Question 4

Question 5

Total Score



# What's Your Risk?

Quiz results, evaluating your risk

## Score: 5-8 points

Congratulations! You're on track to avoid kidney stones. Although there's no way to predict when kidney stones will strike, chances are good that your moderation and healthy lifestyle have greatly reduced your risk.

## Score: 9-12 points

Careful now! You're not in the danger zone, but you're not entirely out of the woods. Look at your lifestyle and see what you might be able to change to improve your chances of avoiding kidney stones in the future.

## Score: 13-15 points

You may already be suffering from kidney stones! Watch out and speak to your urologist to see how to reduce your risk.

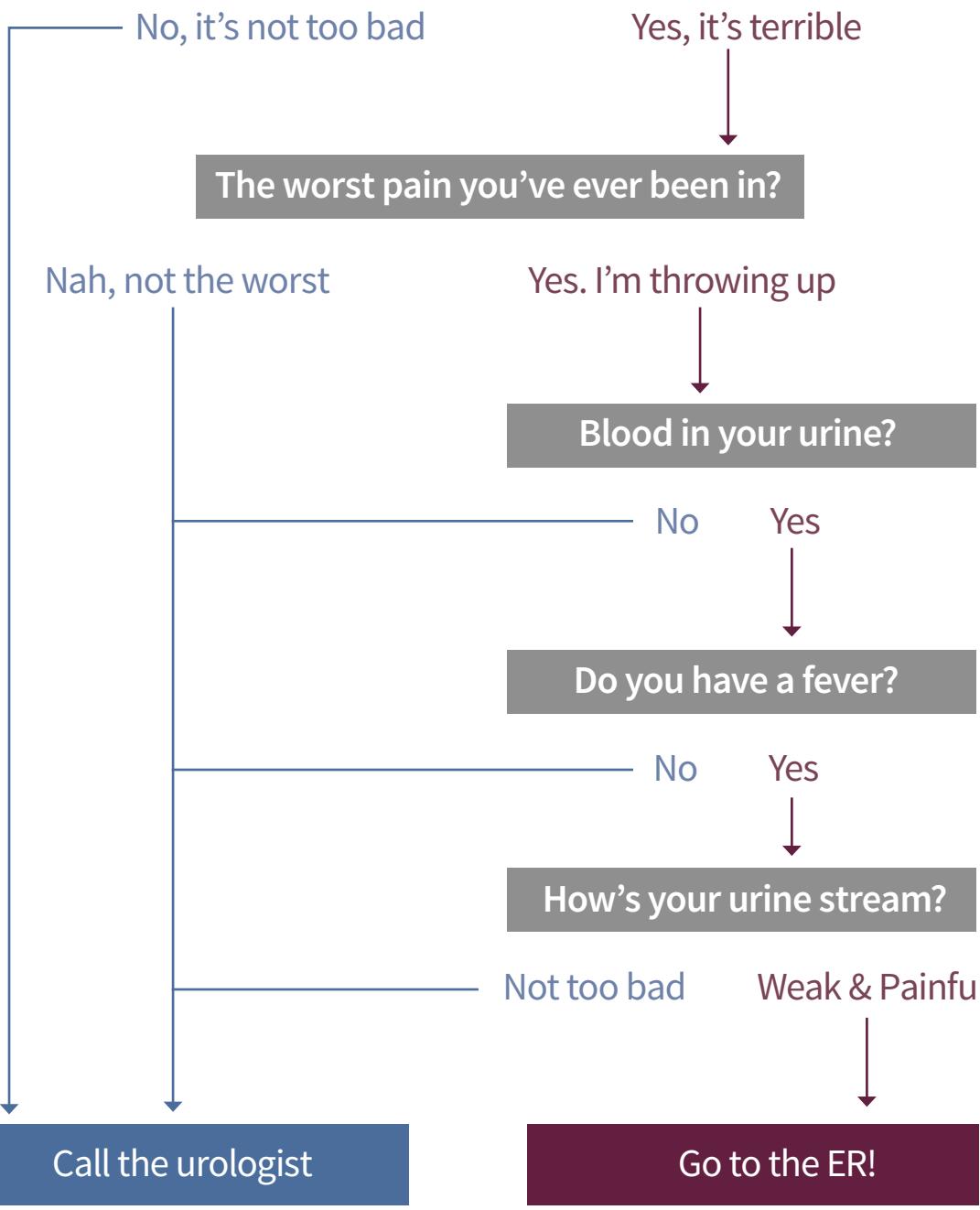
Regardless of your risk, consider making an appointment with your urologist to make sure you stay healthy and proactive when it comes to kidney stones.



# To ER or Not to ER?

We get it: you're in extreme pain.  
A trip to the ER is your best chance at relief, right?  
Not necessarily. . .

Are you in pain?



Hold on and make an appointment with a urologist. He or she will get you in as soon as possible and help you start feeling better faster.

It's not always the best choice, but in your case, it is. Go to the ER for immediate care.



# Prevention is the Best Medicine

## 5 things you can do now to decrease your chances at getting kidney stones

Unfortunately, there is no way to prevent kidney stones altogether. But there are factors that can help reduce your risk. Try these lifestyle changes today. You'll feel better regardless!

**Bottoms Up!** Drinking water and staying hydrated is one of the best things you can do to reduce your risk of getting kidney stones. Cheers to living kidney stone free!

**Put Down the Coffee.** Coffee and other foods and beverages laden with caffeine are a no-no. Kidney stones love caffeine, so you should avoid going overboard.

**Ask the Family.** Okay, this one won't prevent kidney stones, but at least you can be prepared. Find out your family history. If a lot of your relatives have suffered from them, there's a good chance you will, too, although it is not absolutely related.

**Try kale instead.** Slow Down, Popeye! Believe it or not, eating dark, leafy green vegetables like spinach and Swiss chard are linked to higher occurrences of kidney stones. This is because they contain a lot of oxalate, which has been shown to aid in the creation of kidney stones. Try kale instead! Or if you must keep the spinach in your life, have it with dairy. The calcium from dairy will bind to oxalate and help it pass through your body.

**Hit the Gym.** Do you need yet another reason to stay physically fit? Exercise and avoiding excess weight helps reduce the risk of kidney stones.

# Dr. Thomas Wood, your urology expert.

**New techniques and treatments decrease  
the risk of kidney stones.**

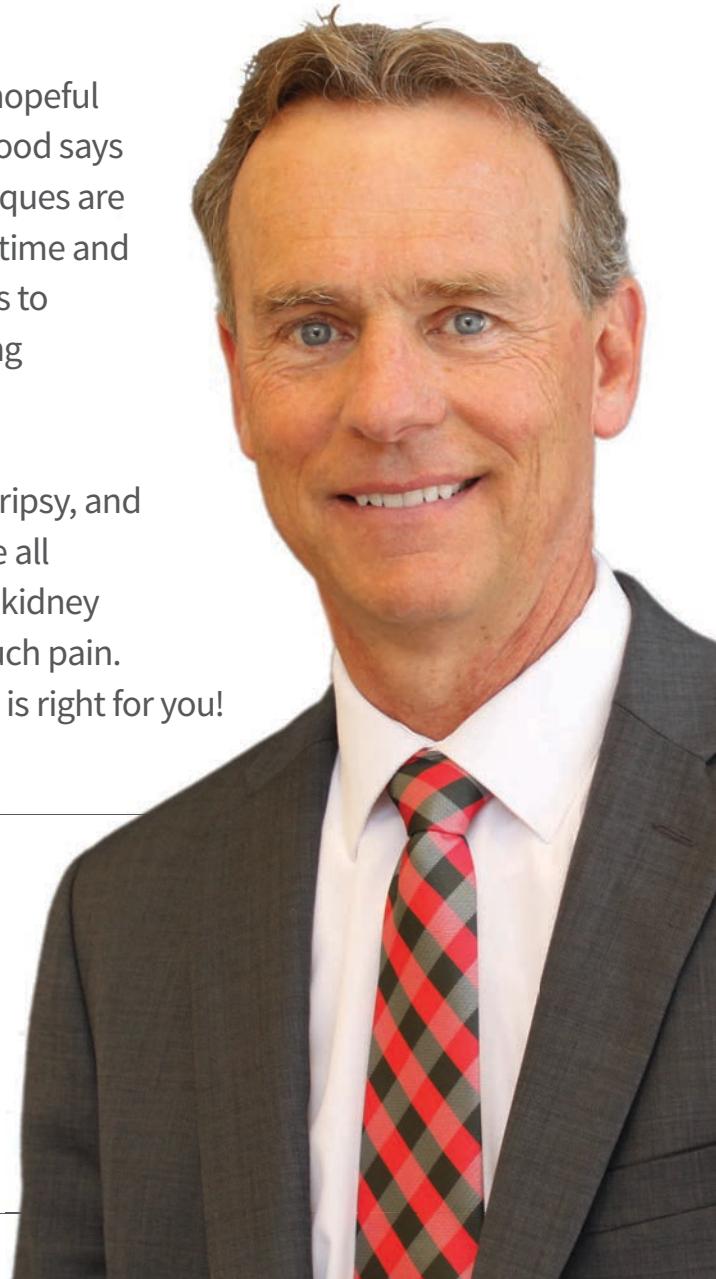
There are a lot of reasons to be hopeful when kidney stones loom. Dr. Wood says the latest treatments and techniques are better than ever. With less downtime and faster pain relief, these new ways to combat kidney stones are helping thousands of people every year.

Laser therapy, shock wave lithotripsy, and digital flexible ureteroscopy are all techniques to find and break up kidney stones before they cause too much pain. Ask your urologist if any of these is right for you!

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**Want to improve your chances  
of avoiding kidney stones?  
Make an appointment with  
urology specialists, Dr. Thomas  
Wood at Reedsburg Area  
Medical Center today by  
calling 608-768-3900.**

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