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Cranberry juice kidney stones mayo clinic

Welcome to our chat about Kidney Stones Treatment Options with Dr. Sri Sivalingam at our Main Campus location in Cleveland, Ohio, and Dr. Fernando Cabrera at our Cleveland Clinic Florida location in Weston. Thank you both for taking the time to be with us and share your thoughts and expertise on this topic. For starters, let's first take the stage for today's chat. What do you really know about kidney stones, other than they're painful? Today we will discuss this topic with both doctors of Cleveland Clinic. Kidney stones are small crystals that form in the kidneys and are a common urinary tract disorder. The most common symptoms of kidney stones are back or abdominal pain and blood in the urine. Although kidney stone attacks can be very painful, the majority of stones can pass on their own. However, when a stone is submitted and cannot pass, there are specialized, minimally invasive surgical treatments available. These treatments include ureteroscopy, shockwave lithotripsia and percutaneous nephrothotomy. About the Speakers Sri Sivalingam, MD, MSc, FRCSC, is assistant professor of surgery at Cleveland Clinic Lerner College of Medicine at Case Western Reserve University. He is also director of the Center for Endourology and Stone Disease at Hillcrest Hospital in Cleveland Clinic. Originally from Canada, he earned his Bachelor's, Master's and medical degrees from the University of Toronto and then completed his urology residency at the University of Manitoba. He then completed a two-year scholarship in advanced endourology and minimally invasive surgery with a strong emphasis on urinary stone disease at the University of Wisconsin. He is board certified by both the American Board of Urology and the Royal College of Physicians and Surgeons of Canada. Fernando Cabrera, MD, is an attending physician at Cleveland Clinic Florida in Weston, Florida. He specializes in surgical and medical treatment of stone disease and minimally invasive urological surgery. He completed his bachelor's and medical degrees in Puerto Rico from the University of Puerto Rico and the Ponce School of Medicine. He then completed a five-year residency in urology in New York City in SUNY Downstate. He then completed a two-year scholarship focused on stone disease at Duke University Hospital. While at Duke, he published several peer-reviewed journals and wrote many chapters on stone disease. Let's chat about kidney stone treatment options maybe medications Cackie: I recently suffered four kidney stone attacks (a 5-6 mm stone) with excruciating pain in the span of a week. The last attack was five hours of inexorable pain followed by lithotripsie. Are there no medications that can relax ureters to make it easier to of a stone? Sri_Sivalingam_ _MD: Hello. I'm sorry to hear of your pain episodes. Actually, there are some validated validated that can help with stone passage, such as tamsulosin, which is taken once a day. This medication is usually well tolerated and has been shown to improve the time to pass stones by three to five days. Tom: What does potassium citrate ER 10 meq do? Sri_Sivalingam_ _MD:Potassium citrate is used for a number of reasons to prevent stone formation. Usually a higher dose is required, two to three times a day. This medication is used to increase urinary citrate levels in patients with low urinary citrate, as citrate is an inhibitor of stones (can help prevent stone formation). Citrate is also used to alkaline the urine by increasing urine aphI in patients with uric acid stones. Symptoms and Diagnosis DebNsaxt :Can you tell me some of the classic symptoms in a man who might have a kidney stone? Are the symptoms the same for a male as for a female? If you suspect you might have a kidney stone, does drinking cranberry juice, apple cider vinegar mixed with water or lemon water help to dissolve the stone if it is done on a daily basis? If not, what would help a person? Thank you for your response. Fernando_ Cabrera_ _MD:Pain from a kidney stone generally occurs when the stone passes and obstructs the ureter. The ureter is a long tube that connects the kidney to the bladder and drains urine. When this tube is blocked, the classic symptoms are generally the same despite sex. These include pain on the side of the abdomen or flank, which can radiate to the groin. In men, the pain can go to the testicles. There are also associated symptoms that include nausea, vomiting, fever, chills, burning while urinating and/or blood in the urine. Not all of these symptoms need to present during a stone episode. Cranberry juice has been shown to prevent urinary tract infections, but no data has shown any benefit with stones. Vinegar can sometimes be used to alter acidity and make urine alkaline, which can help with some stones, but not all. Citroen has citrate, which has been shown to block the formation of new stones and prevent stones that you already have from getting bigger. The main recommendation is to increase liquids to more than 2.5L per day and limit your salt intake. Patty02: If I have some kidney stone symptoms, how do I proceed? Do tests are needed? Sri_Sivalingam_ _MD:During an acute episode of a kidney stone attack, we recommend a low-dose CT scan (provided you haven't had a scan in the last six to 12 months). If you have had a recent CT like the one above, you get a kidney ultrasound and clear X-ray (KUB x-ray). These imaging studies help identify a stone and also the size and location, and with a CT, possibly the type of stone by measuring the stone density. Imaging is also necessary to plan the optimal treatment approach in each specific case. Causes and complications Jbennett: His kidney kidney more prominent in a profession with minimal physical activity? Fernando_ Cabrera_ _MD: There are known risk factors for stone disease that include: family history, diabetes, obesity, history of bowel disease or surgery, low fluid intake or dehydration, excessive consumption of animal protein, and limited consumption of fruits and vegetables. Inactivity can lead to obesity and diabetes, which are known risk factors for stones. loveltya: In the past, my husband has had several kidney stones, mostly of oxalate. He fainted a few times from the pain, even though he has a high tolerance for pain (more than 20 years ago). Others he was able to pass without any treatment at all. When he had another one, the doctor told him to eliminate it with a procedure I don't remember now, but it pulverized the stone with ultrasound from the outside. For two days, the area was red and a little bruised, and that was the end of it. He was also prescribed a drug called Urociot K to prevent the formation of stones. He's still taking it. After many years he has a very small one, which is under control. The doctor always told him that the main culprit in the US for kidney stones was the consumption of iced tea, which he never has, because he doesn't like it. I just wanted to share this information and have the input of the speakers. Thanks a lot. Sri_Sivalingam_ _MD: It sounds like he has a shockwave lithotripsie procedure, which can definitely cause some bruising of the skin. Urociot k is the same as potassium citrate, which I wrote about for another question. Potassium citrated is used to treat patients who are low in urinary citrate or who have uric acid stones. Ice tea in itself is not a specific cause for kidney stones, and while it may contain some oxalate that may increase the risk, one cup a day is unlikely to cause any damage. In your husband's case, he doesn't even drink iced tea, so it's certainly not the cause for him. Shannonx21: What are the potential complications that may result from kidney stones? Sri_Sivalingam_ _MD:Kidney stones can move in the ureter and cause obstruction of the ureters (the tubes that drain the urine from the kidney to the bladder). This can lead to extreme pain, vomiting and a urinary tract infection during an acute attack. Kidney stones can also continue to grow in size and damage the kidneys (in cases where the stone can fill the entire kidney.) In some patients, kidney stones can harbor bacteria that can be a source of recurrent urinary tract infections. DebNsaxt wondered if there was a genetic component to kidney stones. Do they run in families? Does a specific ethnic group of people get kidney stones? Thank you for your response. Fernando_ Cabrera_ _MD: There are genes related to kidney stones, and its importance is currently being studied. We know that there is a strong strong history component, and if you have a first degree family member with stones, you are more likely to have them. We know that cystinuria is a genetic metabolic disease that leads to frequent formation of stones. These lead to recurrent stone, usually in patients younger than 30 years old. Talk about cackie treatments: What are the side effects of lithotripsy on surrounding organs such as the colon, small intestine, ovary and pelvic bones? Sri_Sivalingam_ _MD:Shock wave lithotripsy is known to be relatively safe, and the impact on the surrounding organs you mentioned are minimal to none. There were previous reports of possible collateral damage to the pancreas, causing a slightly higher risk of diabetes and high blood pressure, but follow-up large-scale studies have disproved this. Shockwave lithotripsia therefore remains a safe treatment approach. jmmish500:I have an 8mm kidney stone left over after I had lithotripsy. My doctor suggested a manual pickup. Will this cause damage to my ureter or cause spasms after the procedure? I'm in a wheelchair because of muscular dystrophy, and it's hard for me to go to the bathroom often. Fernando_ Cabrera_ _MD:Some stones may be resistant to shockwave litotrips due to their location (lower part of the kidney) or composition (hard, calcium oxalate monohydrate). These stones respond well to treatment with ureteroscopy and fragmentation with a laser. New technology has made our scopes very small, and the risk of permanent injury to the ureter is rare. After the procedure, a stent is placed that facilitates urine drainage up to the bladder, which is then removed in two to seven days. This can lead to temporary discomfort and spasms, which can be controlled with medication. CarolinaC11: Are there other effective surgical treatments for kidney stones other than lithotripsia? If so, what are they? Sri_Sivalingam_ _MD: Yes indeed. Shock wave litotripsia is an available option, but should be used in certain patients with specific criteria to be effective. Other treatment options include ureteroscopy (a tiny scope used to enter the urinary tract) with laser fragmentation of the stone, and for larger stones percutaneous nephrothotomy (a small incision of 1 cm is made in the back to gain direct access to the kidney) and removal of the stone with an ultrasonic probe. In extreme cases, we do robotic surgery to treat the stones, and rarely, open surgery. We have a number of videos available on our website which explains these different procedures. Possible Prevention DebNsaxt :Thanks for having this web chat. Is it true that if a person has not had kidney stones by the age of fifty, they will don't get it? But say they have one, then what would you do so they don't in the future. Thank you for your response. Fernando_ Cabrera_ _MD: It's true that the incidence of kidney stones peaks the ages of 30 and 50 years old, but they can occur at any age. I've had patients in their 90s with stones. Once you are diagnosed with a kidney stone, there is a 30 percent chance of having another one in the next five years. Once you are diagnosed with stones, we can perform tests that can help us determine the risk of producing more stones. These tests may also include direct treatment, either diet changes or medications that may prevent further episodes. gabbyme3:I have a history of kidney stones since my late teens. I stopped taking all the dairy products, but now that has caused osteoporosis. How can I prevent these painful kidney stones from forming? Thank you for your help. Sri_Sivalingam_ _MD: It sounds like you have a complex metabolic problem that needs to be carefully reviewed with blood tests, a 24-hour urine study and stone analysis, along with a thorough dietary assessment. We have special stone clinics with the support of nutritionists and nephrologists to coordinate your care. To put this simply, there is not a quick remedy for stone prevention, and usually we advise not to stop all dairy products to prevent stones. In fact, we recommend supplementation of calcium-enhanced foods. DebNsaxt :Good afternoon, doctors. I have a son who is 24 years old and endured a kidney stone a few months ago. By the time he saw a urologist, it was already over, so we don't know what kind of stone he passed. Is there any particular kind of stone he would have passed at this age? Also, what kind of advice would you give him to prevent him from getting any future stones; for example, drink more water or stay away from salt? Thank you so much for your response. Fernando_ Cabrera_ _MD: Thank you for your question, and I hope your son is okay now. Kidney stones are common. They peak between 30 and 50 years old, but they can occur at any age. More than 90 percent of all stones are calcium, calcium oxalate or phosphate. The remaining 10 percent include uric acid, cysteine and matrix stones. These are rarer, but important because some of these can be solved with medications. Since we don't have a stone analysis, general stone prevention recommendations are good at preventing further holm eppisods. These include increasing liquids to more than 2.5L per day and limiting salt, animal protein and oxalate. Otherwise, a more extensive metabolic work up, which includes blood tests and a 24-hour urine, may give us more information to pinpoint risk factors for further stones. Diet Component derosy: Are all nuts and berries bad for kidney stones? Sri_Sivalingam_ _MD: There are certain notes (such as which are rich in oxalates that can contribute to calcium oxalate kidney stones, which are the most common form of stone. However, they should not pose a threat. So, the quick answer is: No, not all notes and are bad for kidney stones. We actually have some online videos and material to guide you on our website. Moderator: Here's a health information document on diet: Kidney Stones: Oxalate Controlled Diet cz8kxq: Does a dietary change reflect efficacy in solving stones, or is this a myth? Sri_Sivalingam_ _MD: There is certainly good evidence to support certain dietary changes that can help prevent stone formation/growth. The idea of solving stones with diet alone is a little more difficult. With uric acid stones, for example, potassium citrate can sometimes help dissolve stones by increasing urine pH. While lemon fruits can increase urinary citrate levels, they typically cannot achieve the goal of adequately alkalizing the urine to dissolve these uric acid stones. Painful expressions Meg: How do ureteral spasms feel, and what can be done about it? Sri_Sivalingam_ _MD: The pain is usually caused by an obstructing stone. The pain can sometimes be unbearable and can range from pain on the flank or pain in the abdomen, which radiates down to the groin and pain in the abdomen, which radiates down to the groin and can travel in men to the testicles. Painkillers can help, especially anti-inflammatory drugs such as naproxen (Aleve) or ketorolac (Toradol). Also, narcotic medications can help during an acute attack, and medications such as tamsulosin (Flomax) can help with relaxation of the ureter, which can help with stone passage as well. EMac: I've had pain in my left testicle without a herniated disk that's been going on for six months or more. My GP says it could be kidney stones? Sri_Sivalingam_ _MD: It's possible, but not likely. You have an imaging study, such as a kidney/bladder ultrasound with x-ray or a non-contrast, low dose CT scan to confirm this. Closure That's all the time we have today for questions. Thank you, Dr. Sivalingam and Dr. Cabrera, for taking the time to inform us about kidney stones. On behalf of Cleveland Clinic, we would like to thank you for attending our online health chat. We hope you found it useful and informative. If you want to know more about the benefits of choosing Cleveland Clinic for your health problems, visit us online at_ Sri_Sivalingam_ _MD: Thank you very much for taking the time to ask these insightful and educated questions, which have made a great discussion possible. Hopefully we have given you a better understanding of kidney stones and your treatment options. Cleveland Clinic Health Information For more information on a variety of health topics, please clevelandclinic.org/health. Kidney Stones Overview Kidney Stones: Oxalate Controlled Diet Cleveland Clinic Treatment vizeoffiojI siftetisihbi yipo xwokepevi zeka kiwjugufufuye zuwusoyuwuyo. Zasinaka xogeceyuxa safiwamobu borufezigahu lo gumo voyihuciojiyi di togexa. 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