

"Providing Quality Healthcare to All"

# BEST MEDICAL CARE, PC

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## PATIENT INFORMATION

### Prevention from Kidney Stones by Food

**People** who form calcium oxalate stones can usually avoid recurrence by increasing their daily fluid intake. The exceptions are those with intrinsic abnormalities, such as hyperparathyroidism. **Patients** with stones of any kind should be told to drink 10-0z glasses of liquid per day. Suggest they never pass a water fountain without stopping to drink. The goal is to produce 2 L of urine per day. Explain that very yellow urine is too concentrated and is a signal to boost fluids.

**Dietary** modifications can be helpful in certain cases, review the patient's regular eating habits. Look for obvious excesses—daily ingestion of 6 ounces of cheese or two quarts of milk, for example. Calcium intake should not exceed 1 g/d<sup>2</sup>. Although high levels of urinary calcium can influence precipitation of calcium oxalate crystals, hefty amounts of urinary oxalate can have an even greater effect. Oxalate restriction is warranted in patients with urinary oxalate levels greater than 45 mg/d. Vegetarian provoke oxalate excretion. Common offenders are chocolate, green leafy vegetables, and strawberries (see table 4) overindulgence in salty foods exacerbates high urinary calcium levels. Intake should be limited to 100 mEq/d To prevent uric acid stones, protein intake should be limited to 1 g/kg/d when urinary uric acid levels are greater than 1000 mg/d. Fish, poultry, egg protein, and non-animal protein should be substituted for red meat whenever possible. Metabolism of red meat provides substances other than purines that fuel stone disease.

**Patients** who've experienced a single, uncomplicated stone episode don't need drug therapy. Prophylactic medication is prescribed for patients with a history of metabolically active stone disease. A complete metabolic workup is a prerequisite in both cases.

### Urinary Risk Factors For Kidney stone formation

Calcium >250 mg/d  
Citrate <450 mg/d  
Urine volume <1 L/d  
Oxalate >45 mg/d  
PH <5.5 or pH >6.5  
Sodium >200 mEq/d  
Uric acid >700 mg/d

### Foes in the fridge : Dietary risk factors for calcium oxalate stones

Foods with 1 % oxalic acid	Foods with 0.2-1% Oxalic Acid
Beets	Beans, green
Beet greens	Beans, wax
Chocolate	Carrots
Cocoa	Celery
Figs	Coffee
Lamb's quarters( an edible plant)	Currants, red
Lime peel	Dandelion greens
Parsley	Endive
Peppercorns or ground pepper	Gooseberries
Poke	Grapes, concord
Poppy seeds	Lemon peel
Purslane	Okra
Rhubarb	Onions, green
Sorrel	Oranges & orange peel
Spinach	Peppers, green
Swiss chard	Potato sweet
Tea, black	Raspberries, black
	Strawberries
	tomatoes