**Mayo Clinic Minute**

*What causes kidney stones?*

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<th>VIDEO</th>
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<td>The kidneys keep your body clean by purifying blood and getting rid of water and toxins.</td>
<td>“They filter out minerals and other things that we take in, in our food and the things that we drink. And sometimes those minerals can form deposits in the kidney.”</td>
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**Title:**
Ivan Porter, M.D.
Nephrology
Mayo Clinic

Nephrologist Dr. Ivan Porter says sometimes those deposits grow into a stone and pass from the kidney.

Ivan Porter, M.D. | “And that’s when patients develop pain.” |

**Graphic: Factors**

Family history
Infrequent urination

Some people have a genetic risk or a family history of stones. Workers who have less flexibility with bathroom breaks are also at risk for them …

Ivan Porter, M.D. | “So think about teachers or truck drivers.” |

**Graphic: Risks**

Animal-source proteins
High-sodium foods
Sugary drinks
Supplements

Dr. Porter says a diet with too many animal-source proteins, high-sodium foods and sugary drinks can increase your risk for stones. Calcium and vitamin D supplements can also contribute to them.

**Graphic Protection**

Low-fat dairy
Water

However, eating low-fat dairy products with meals can protect against kidney stones.

And water can really ward them off.

Ivan Porter, M.D. | “Make sure you’re adequately hydrated. You want to be able to make clear urine, and keep that urine as clear as possible for as long as possible during the day.” |

For the Mayo Clinic News Network, I’m Jeff Olsen.