

Mayo Clinic Minute

Avoiding kidney stones

VIDEO	AUDIO
John Lieske, M.D.	"Kidney stones — they in your kidney itself."
Title: John Lieske, M.D. Nephrology Mayo Clinic	"And at some point, they can break off of wherever they're attached in your kidney. And then that's usually when people get into trouble."
	Nephrologist Dr. John Lieske says, besides the intense pain associated with kidney stones, there's a chance for infection.
Graphic: Kidney stone risk factors Protein Salt Water	A diet high in protein and sodium can put you at an increased risk for the stones. But the biggest issue is lack of water.
John Lieske, M.D.	"If you're not drinking enough water, which is part of your diet, your urine's going to be more concentrated."
	Concentrated urine allows small particles within it to stick together, increasing the chance for stones.
	<i>Sound of water pouring out of a faucet</i>
	So prevention can start at the tap.
John Lieske, M.D.	"Being hydrated, that's a simple one."
Graphic: Daily water intake Adult men: 3.7 liters Adult women & older teens: 2.7 liters	To ward off stones, drink water every day. Adult men should aim for at least 3.7 liters. Adult women and older teens should get at least 2.7 liters.
	For the Mayo Clinic News Network, I'm Jeff Olsen.