

Mayo Clinic Minute

Why summer increases your risk of kidney stones

Video	Audio
	When the temperatures rise, so does your risk of developing kidney stones, especially if you've had one before.
Ivan Porter, M.D. Nephrology Mayo Clinic	“When thinking about what a kidney stone is, you have to think about what a kidney does, and the kidney filters out toxins, takes out things that shouldn't be there. And the way its gets rid of it is by putting it into the urine.”
	Dr. Ivan Porter says if you get dehydrated, your urine can become concentrated to the point where stones form.
Ivan Porter, M.D.	“There are things you can do to try to combat that.”
	Dr. Porter has summer time tips to help you prevent kidney stones. First, drink plenty of fluid — eight to 10 glasses a day.
Ivan Porter, M.D.	“The other thing you can do is try to avoid some of the foods that tend to show up around summertime.”
	Stay away from overly salty, processed foods and meats.
Ivan Porter, M.D.	“That increased sodium will increase your risk of kidney stones.”□□□
	And if you've ever had a kidney stone, you know how painful they can be.
	For the Mayo Clinic News Network, I'm Vivien Williams.