

## Mayo Clinic Minute

### What causes kidney stones?

VIDEO	AUDIO
	The kidneys keep your body clean by purifying blood and getting rid of water and toxins.
<b>Title:</b> <b>Ivan Porter, M.D.</b> <b>Nephrology</b> <b>Mayo Clinic</b>	“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.”
	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.”
<b>Graphic:</b> <b>Factors</b> <b>Family history</b> <b>Infrequent urination</b>	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.”
<b>Graphic:</b> <b>Risks</b> <b>Animal-source proteins</b> <b>High-sodium foods</b> <b>Sugary drinks</b> <b>Supplements</b>	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.
<b>Graphic</b> <b>Protection</b> <b>Low-fat dairy</b> <b>Water</b>	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.