

**Mayo Clinic Minute: Where is the kidney stone belt?**

Video	Audio
IVAN PORTER II, M.D. NEPHROLOGY Mayo Clinic	What goes into our bodies makes its way into our bloodstream, and the job of our kidneys is to filter blood.  “They filter out electrolytes, minerals, and sometimes those minerals can actually deposit in areas within the kidney in the urinary tract.”
	Those deposits are known as kidney <a href="#">stones</a> and affect about 1 in 10 people.
	Genetics, medications and medical conditions can increase risk of stones, but lowering risk starts with drinking more fluids, especially when you start to sweat.
	“Summertime, lots of heat, lots of outside activities, maybe the same amount of fluid as you normally drank, which may not have been enough in the first place.”
	What you’re drinking and eating matters.  Sugary drinks, salty foods, and diets high in animal protein can contribute to dehydration and thereby kidney stones.
	Dr. Porter says if you notice <a href="#">signs</a> of stones – consult a health care professional.
	“Abdominal pain, groin pain, back pain, radiating pain that occurs, and sometimes blood in the urine.”
	For the Mayo Clinic News Network, I'm Alex Osiadacz.