

# Kidney Stone

## What is a kidney stone?

These stones form from minerals in your urine for various reasons, some of which are preventable.

They can vary in size from 1-2 mm to bigger than 8-10 mm. As a rule of thumb the bigger the stone is, the less likely it will pass without problems. Most stones are small and are flushed out in the urine.

Larger stones can become lodged at any point in the urinary tract and it is when they get stuck that they cause pain. Men are more likely to get stones than women and they can continue to occur throughout life.

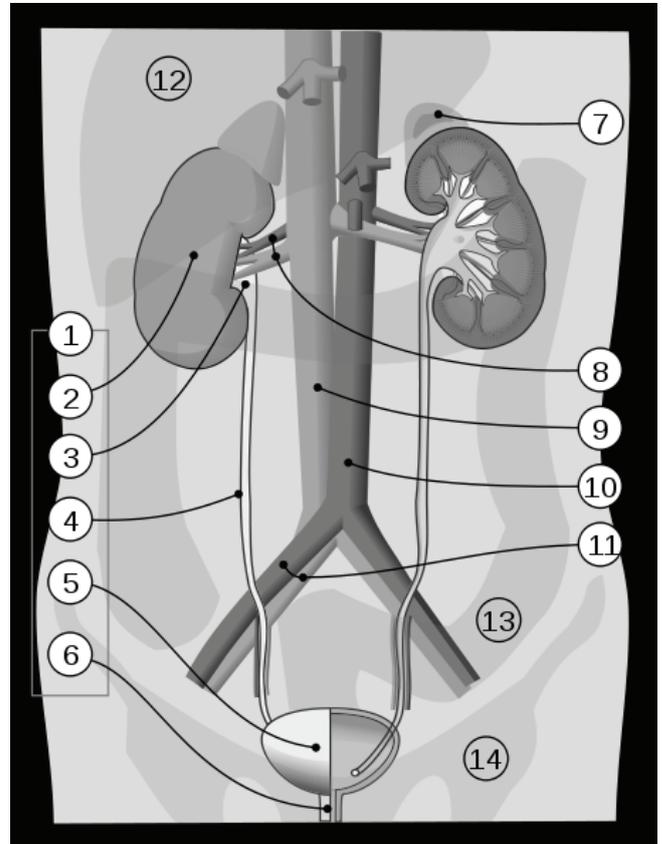
## What happens with a stone?

The stones themselves are not a problem until they get lodged in your urinary tract, somewhere from your kidney to your bladder. Once in your bladder they are usually not a problem.

Severe pain typically starts in your lower back one side or the other, comes in waves and goes round to your groin and genitals at times.

## Why did you get one?

Often no particular cause is identified but stones do form more readily when your urine is concentrated. This is usually when you don't drink enough water. Some dietary habits are associated with stone formation such as very large amounts of leafy vegetables (more than would be considered normal). Some infections of the urine have been associated with stones.



Jordi March iNogue, 2010, Urinary System, 25.05.2012 <[http://en.wikipedia.org/wiki/File:Urinary\\_system.svg](http://en.wikipedia.org/wiki/File:Urinary_system.svg)>

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| 1. Urinary tract<br>(Human urinary system) | 8. Renal artery and vein         |
| 2. Kidney                                  | 9. Inferior vena cava            |
| 3. Renal Pelvis                            | 10. Abdominal aorta              |
| 4. Ureter                                  | 11. Common iliac artery and vein |
| 5. Urinary bladder                         | 12. Liver                        |
| 6. Urethra                                 | 13. Large intestine              |
| 7. Adrenal Gland                           | 14. Pelvis                       |

