

Treating a Kidney Stone

A Kidney Stone is basically a hard, crystalline mineral material that is formed within one's kidney (or urinary tract). At an average, one in every 20 people develops a kidney stone at some point in time in their life.

These stones are known as one of the most physically painful conditions.

The cause behind the formation of a kidney stone varies according to the type of the stone that has formed.

Diagnosis

The diagnosis of a kidney stone will require a complete health background assessment and also a thorough physical exam in addition to other tests.

Treatment

The treatment of kidney stones is tailored according to the kind of stone that one is suffering from. The urine might be strained to collect stones for evaluation. Drinking a lot of water every day will increase the urine flow. People who are dehydrated or even those who have severe nausea and vomiting might also need intravenous fluids.

The other means of treatment are as follows:

Medication

Narcotic medicines may be enough for short-term pain relief. If an infection is detected, it needs to be further treated by antibiotics. There is a longer list of medicines that is specific for the kind of stone one suffers from.

Lithotripsy

Extracorporeal Shock Wave lithotripsy is done by using sound waves in order to just break up the large stones so that the smaller fragments can pass down the urethras into your bladder more easily. This process tends to be more uncomfortable and might even require the patient to be injected with mild anaesthesia. It is completely safe for all ages

PCNL Surgery

The stone can also be removed by creating a small incision 10 mm in your back and might be needed only when:

- The stone starts to cause an obstruction or an infection that damages the kidneys
- The stone has become way too large to pass through

Ureteroscopy

The doctor might use an instrument which is called an ureteroscope in order to remove a stone that gets stuck in the urethra or your bladder. A small fine wire is passed through the tract which conveys laser energy and pulverizes the hard stone into dust immediately .

Prevention

The fact that prevention is much better than cure isn't lost on anybody. The key to preventing getting a Kidney Stone starts with proper hydration. Drink up to about 12 glasses of water daily. This water intake is going to help flush your kidneys.

Eat food that is rich in oxalate and reduce your intake of salt in order to reduce the risk of getting a kidney stone.

In case of a [diagnosis of kidney stone](#), get in touch for a non-surgical approach by lasers and shockwaves ,and call UROLIFE STONE CENTRE DELHI www.kidneystonetreatment.in