

WEBVTT Kind: captions Language: en

00:00:04.033 --> 00:00:05.666 - Some of the common risk factors
00:00:05.667 --> 00:00:07.232 for kidney stones include:
00:00:07.233 --> 00:00:09.566 dehydration, a high salt diet,
00:00:09.567 --> 00:00:11.966 not enough calcium in your diet.
00:00:11.967 --> 00:00:13.766 One of the most common misconceptions
00:00:13.767 --> 00:00:16.166 is because most kidney stones are calcium
00:00:16.167 --> 00:00:19.332 that dietary calcium supplements
00:00:19.333 --> 00:00:21.666 are a risk factor for kidney stones
00:00:21.667 --> 00:00:24.132 and that's actually contrary to the evidence.
00:00:24.133 --> 00:00:27.232 Prevention of kidney stones follows two guidelines.
00:00:27.233 --> 00:00:30.199 One is to dilute the urine with as much fluid as
possible
00:00:30.200 --> 00:00:31.299 and the other is to remove the
00:00:31.300 --> 00:00:33.566 constitutes that form the kidney stones
00:00:33.567 --> 00:00:36.132 and one of the biggest risk factors for
00:00:36.133 --> 00:00:38.899 elevated urine calcium levels is not,
00:00:38.900 --> 00:00:42.866 in fact, dietary calcium but is dietary sodium.
00:00:42.867 --> 00:00:45.966 Often, patients will Google 'kidney stone diets'
00:00:45.967 --> 00:00:49.366 and it's very dogmatic about avoiding oxalates.
00:00:49.367 --> 00:00:52.766 However, one of the strategies that may be easier
to follow
00:00:52.767 --> 00:00:55.033 would be to increase your dietary calcium.