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ESWL

(Extra corporeal Shock Wave Lithotripsy)

/ gr/kg

(Medullary Sponge Kidney)

Renal leak

(Antibiotic suppressive Therapy)

pH

pH

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Nephrolithiasis: prevention and treatment

Abstract

The nephrolithiasis is the third common disease of urinary tract after urinary infection and pathology of prostate.

Without prevention and therapeutic procedures, the relapse of nephrolithiasis during 5 years will be %50 that is higher for Acid uric stones.

Changes and amendment in diet and life style are effective in prevention of urinary stones formation and removing the problems due to relapse of nephrolithiasis.

In this article the effect of the use of fluids, calcium, protein, sodium, and change of diet in urinary tract stones formation and medical treatment of nephrolithiasis containing use of analgesics, diuretics, potassium citrate, allopurinol, phosphate sodium cellulose, penicillamine, antibiotics and also medical treatment of patients with metabolic disorders in 8 groups have been discussed.

Key words: Nephrolithiasis, Life style, Diet, Prevention

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