

## KIDNEY STONE DISEASE: CAUSES, SYMPTOMS, AND TREATMENT METHODS

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**Annotation:** This article provides general information about kidney stone disease. It discusses the causes, symptoms, and treatment methods of the disease. The multifactorial problems of kidney stones are described with indicators, providing more information for treating the disease. It is directed towards individuals receiving medical care related to kidney stone disease.

**Keywords:** Nephrolithiasis, kidney stone growth, kidney stone injury, disease causes, disease symptoms.

Kidney stone disease, or nephrolithiasis, is one of the multifactorial problems in our lives. This condition is characterized by the formation of stones (concrements) in the kidneys and urinary tract and can be unilateral or bilateral. Kidney stone disease is more common among adults than children.

### **Causes of the Disease:**

Kidney stone disease can occur due to various factors:

- Dehydration: Lack of water in the body (dehydration) leads to the formation of stones.
- Salty foods: A diet high in salty foods can contribute to the formation of kidney stones.
- Genetic factors: Hereditary predisposition also plays an important role.
- Metabolic disorders: Vitamin deficiencies, anemia, protein deficiency, gastrointestinal diseases, and hyperactivity of the parathyroid glands can also lead to the formation of kidney stones.

### **Symptoms of the Disease:**

The symptoms of kidney stone disease can include:

- Severe pain: Intense colicky pain in the right or left side of the lower back, radiating to the genital area and the front of the thigh.

- Blood in the urine: The presence of blood in the urine (hematuria).
- Nausea and vomiting: These may accompany the pain.
- Children's symptoms: Children may become irritable and restless, point to their abdomen or navel, cry out in pain, and have leukocytes and erythrocytes in their urine.

**Treatment Methods:**

The treatment methods for kidney stone disease vary based on the size and location of the stones:

- Medications: Stones can be treated with medications that dissolve them.
- Diet: Diet plays an important role in the prevention and treatment of kidney stones.
- Lithotripter: Increasingly used method of breaking stones and expelling them through the urinary tract.
- Surgical methods: In cases where stones need to be surgically removed from the kidney.
- Ultrasound and X-ray: Used to detect stones via ultrasound (UTT) or X-ray examinations.

More information about kidney stone disease and its treatment methods can be obtained to help individuals receive the necessary medical care. Various indicators may exist for treatment methods. For some individuals, doctors recommend taking medications to reduce stone growth and achieve higher stability. This disease can shape our lives, but with scientific experience and proper treatment methods, these problems can be solved. Current programs provide treatment in various situations. People can also learn about preventive foods, hydration strategies, and communication with healthcare providers to prevent kidney stone disease. Learning about preventive treatments and gaining more information about the disease helps achieve success in its treatment. Kidney stone disease involves the growth of stones within the kidneys. This disease depends on many factors, such as dehydration, salty foods, genetic traits, and other variables. Symptoms of the disease include severe pain, hematuria, and acute neighboring conditions. Treatment methods involve timely medication therapy and dietary changes with safe, acute characteristics. In conclusion, this article provides an overview of kidney stone disease and its treatment methods. The number of people suffering from kidney stone disease has significantly increased in recent years. One of the main causes of stone formation is improper diet, including the excessive consumption of fatty and junk foods such as fast food or chips, as well as a sedentary lifestyle. These factors negatively affect not only internal organs but also a person's weight. The primary causes of kidney stones include changes in urine composition, influenced by the quality of consumed water, hereditary predisposition, kidney developmental defects, narrowing of the urinary tract, and hot climates, which typically result in more fluid intake and frequent sweating. Additionally, infections can enter the

kidneys or bladder. X-ray examination plays a leading role in detecting stones in the kidneys and urinary tract. The most common method is a plain urogram, which helps determine the size, shape, and approximate location of the stone. After examining the overall picture of the urinary tract, an excretory urogram should be performed to identify the anatomical and functional state of the kidneys, the type of cavity system, and the location of the stone. Another important method for diagnosing kidney stones is tomography, which helps distinguish kidney stones from gallstones and other shadows unrelated to the urinary system.

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