

Dealing with my kidney stones

What is Important To Me

Health

Looking good and feeling good
My children - staying healthy in order to live a long life and be here for them
Taking as few medications as possible

Food

Good food
Balanced meals – vegetables, protein, starch/ carbohydrate....dairy products at meal or during the day
Comfort food – potato chips, pasta, nachos
Snacking
Coffee
Lots of liquids – always something in my cup or glass
Going to restaurants
Salty foods and salt in general – I am addicted to it – even though I know this is not good for me.... I did not know the impact of sodium on kidney stone formation before summer 2009 bout with stones

What is Important For Me

Kidney stones

Reduce my sodium intake:

Limit adding salt in cooking and at the table
Avoid using salt substitutes

Limit: salt preserved foods, smoked, pickled, canned or seasoned meat/fish/poultry, high salted foods, canned or processed foods, bouillon cubes and soup mixes, salted snack food, sauces (soy, steak, chili), ketchup, dill pickles, olives

*****high salt intake produces urinary conditions that promote kidney stones by increasing calcium excretion in the urine**

Increase fluids:

2.5 to 3 litres of fluids per day – at least 50% as plain water
A glass of water at each meal and one between meals and before sleep

Calcium:

No more and no less than 2 servings of calcium-rich foods per day (milk, canned fish with bones, milk puddings, yogurt, broccoli, ice cream, almonds, cheese, cream soup)
Avoid calcium and vitamin D supplements.

Decrease Oxalate:

No more than 500mg vitamin C supplements per day
Avoid fruits: berries and berry juice, concord grapes
Avoid vegetables: beans, carrots, celery, chives, zucchini, tomato
Avoid starches: popcorn, crackers, whole wheat flour
Avoid fats: nuts, peanut butter, seeds
Avoid beverages: tea, draft beer, coffee
Avoid: chocolate/cocoa, cinnamon, fruit peel, soy products

Decrease animal protein

Limit meat, fish, poultry and eggs to four to six ounces per day – too much animal protein may cause an increase in uric acid, calcium and oxalate in the urine

***information taken from St. Michael's Hospital website. Only information about foods in my current diet were taken for this list. More foods are included in the St. Michael's lists.**

Heart care History of high end normal levels for cholesterol – blood work checked every 6 to 12 mths. Family history of high blood pressure and heart disease – need to reduce sodium levels to reduce risk of high blood pressure - need to start cardio exercise

What else do I need to know

I need to find out more about kidney stones and how to prevent them or slow down the formation

Ask my urologist who is treating my kidney stones about a referral to the Kidney Stone Prevention Clinic at St. Michael's hospital in Toronto. This clinic takes a team approach and includes nephrologists, urologists, nurses and dieticians. Tests are taken and a treatment/prevention plan is developed and can include diet and medication.