

# THIS TOO SHALL PASS



More than a million kidney stone cases are diagnosed in the U.S. each year.

Nephrolithiasis is the medical term for kidney stones.

Although stones occur more frequently in men, the number of women who get them has been increasing over the past 10 years.

An estimated 10 percent of Americans suffer from kidney stones at some point in their lives.

Stones can be as small as a grain of sand or as large as a pearl. Some stones are even as big as golf balls.

If you have a parent or sibling who has had kidney stones, you may be at higher risk yourself.

Kidney stones come in virtually any color; but most are yellow to brown.

If a person forms a stone, there is a 50 percent chance they will develop another one.

The best way to prevent kidney stones is to drink more liquids—especially water. If you tend to form stones, you should try to drink 2 to 3 liters of fluid a day.

Both dogs and cats are susceptible to kidney stones. Some breeds of dog are more susceptible to certain types of kidney stones than others. Kidney stones containing calcium and oxalic acid are more likely to be found in Lhasa Apsos, Yorkshire Terriers, and Miniature Poodles. Kidney stones containing uric acid are more common in Dalmatians, Yorkshire Terriers, and English Bulldogs.

Most stones pass out of the body without treatment.

Between 2001 and 2006, 14 American astronauts developed kidney stones during space missions.

For those who need treatment, the most frequently used procedure is called Shock Wave Lithotripsy. A machine called a lithotripter directs shock waves through skin and tissue until they hit the kidney stones. The impact causes stress on the stone. Repeated shock waves cause more stress, until the stone eventually crumbles into small pieces and is passed out of the body in urine.

In 1724, Sir Isaac Newton recorded that he passed two small pea sized kidney stones.

In 2006, Star Trek actor William Shatner sold a kidney stone he passed the year prior for \$75,000 on eBay. The money raised was donated to charity.