



## Kidney

### STONES (CALCULI)

Kidney stones will affect 3 - 5% of the Australian population at some stage in their lives.

The presence of a kidney stone will cause severe pain, starting from the side to the region of the bladder and sometimes the genitals. This pain usually comes in waves and causes immense discomfort to the patient, sometimes resulting in vomiting and nausea.

The optimum position is early diagnosis and before the onset of this terrible pain, whilst we examine the patient to find the most appropriate treatment. During this time we ensure that the patient is consuming sufficient fluids with pain relief; approximately 30% of stones will pass within 48 - 72 hours and a further 30% will pass within the next 7 days. The remainder do require removal.

### Imaging

Usually a KUB (Kidneys, Ureters and Bladder) abdominal film plus an ultrasound is carried out. Many departments have the ability to carry out an urgent CT Scan.

Stones tend to be held up in their progress at three positions:

1. The pelvi-ureteric junction (just leaving the kidney)
2. The portion of the ureter where it crosses over the common iliac vessels (lower abdomen)
3. At the opening of the ureter which is the narrowest point in its journey to the bladder

Treatment is usually through shock wave therapy, designed to break down the stones and enable them to be passed.

### Kidney Stones

The kidneys perform a vital function of filtering harmful and unwanted substances from the body. This is in the form of minerals dissolved in water, which then passes along the ureters into the bladder.

Diseases affecting the kidneys include infection, tumours - both non-cancerous and cancerous, and stones (calculi). The speciality of Urology involves prevention, diagnosis and management of these conditions. Stones which are localised to the kidneys may be treated with extracorporeal shock wave lithotripsy (ESWL).

Stones which pass into the ureter may be treated with ESWL or if lower down, may be removed using ureteroscopy.

If you would like to talk to someone about your particular symptoms, you can speak in confidence with one of our staff: you can discuss any experiences and issues with us or feel free to call and make an appointment on 07 4041 0700