

# Kidney Stones: Are You at Risk?



People who form kidney stones often share certain risk factors. Middle-aged men, for instance, are more likely to form stones than other people. A family history of stones also increases your risk. Assess your risk factors by checking the questions below yes or no.

	Yes	No
Do you drink fewer than 8 glasses of water a day?	<input type="checkbox"/>	<input type="checkbox"/>
Do you live in the Southeast U.S. or another hot climate?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a kidney stone before?	<input type="checkbox"/>	<input type="checkbox"/>
Has anyone in your family had kidney stones?	<input type="checkbox"/>	<input type="checkbox"/>
Are you a male between the ages of 30 and 50?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a kidney infection in the last few months?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take large doses of vitamin C supplements?	<input type="checkbox"/>	<input type="checkbox"/>
Does your diet include only low amounts of calcium or potassium?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often drink cola, or eat chocolates, spinach, or peanuts (high-oxalate foods)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat foods high in salt and meat content? (Eating a high-animal-protein diet is a risk for uric acid and calcium stones. A high-salt diet is a risk for all types of kidney stones.)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have gout or hyperparathyroidism?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat foods with a high sugar content?	<input type="checkbox"/>	<input type="checkbox"/>

## How great is your risk?

The more times you answered yes, the greater your risk of forming kidney stones. But you can help reduce your risk. Learn more about kidney stones, how they form, and how to prevent them.

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