

Kidney Stones

Definition:

Hard mineral deposits that form in the kidneys.

Symptoms:

- Severe lower back pain
- Blood in urine

Risk Factors:

- Dehydration
- High-salt diet

Home Remedies:

- Lemon juice and water
- Hydration

Medical Remedies:

- Lithotripsy (shock wave therapy)

Prevention:

- Drink plenty of water

Consult a Doctor if:

- Severe pain with fever

Fun Facts:

- Kidney stones can be as small as a grain or as big as a golf ball.