

In article <1993Apr21.143910.5826@wvnmms.wvnet.edu>

pk115050@wvnmms.wvnet.edu writes:

> My girlfriend is in pain from kidney stones. She says that because she has no

> medical insurance, she cannot get them removed.

> My question: Is there any way she can treat them herself, or at least mitigate

> their effects? Any help is deeply appreciated. (Advice, referral to literature,

> etc...)

> Thank you,

> Dave Carvell

> pk115050@wvnmms.wvnet.edu

First, let me offer you my condolences. I've had kidney stones 4 times and I know the pain she is going through. First, it is best that she see a doctor. However, every time I had kidney stones, I saw my doctor and the only thing they did was to prescribe some pain killers and medication for a urinary tract infection. The pain killers did nothing for me...kidney stones are extremely painful. My stones were judged passable, so we just waited it out. However the last one took 10 days to pass...not fun. Anyway, if she absolutely won't see a doctor, I suggest drinking lots of fluids and perhaps an over the counter sleeping pill. But, I do highly suggest seeing a doctor. Kidney stones are not something to fool around with. She should be x-rayed to make sure there is not a serious problem.

Steve