

GVFP NEWS & VIEWS

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Kidney Stones

(renal lithiasis)

are small, hard deposits that form inside your kidneys. Kidney stones are made of mineral and acid salts. Kidney stones have many causes. In one common scenario, kidney stones form when the urine becomes concentrated, allowing minerals to crystallize and stick together. Passing kidney stones can be painful. The pain of a kidney stone typically starts in your side or back, just below your ribs, and moves to your lower abdomen and groin. The pain may change as the kidney stone moves through your urinary tract.

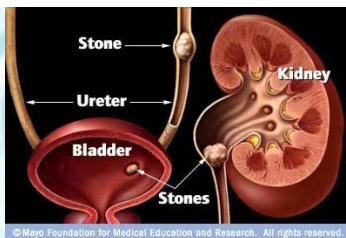
Kidney stones usually cause no permanent damage. Apart from pain medication and drinking lots of water, treatment is often unnecessary. However, treatment may help prevent recurrent kidney stones in people with increased risk. A kidney stone may or may not cause signs and symptoms until it has moved into the ureter — the tube connecting the kidney and bladder. At that point, these signs and symptoms may occur:

- Severe pain in the side and back, below the ribs
- Pain that spreads to the lower abdomen and groin
- Pain on urination
- Pink, red or brown urine
- Nausea and vomiting
- Persistent urge to urinate
- Fever and chills if an infection is present

Seek immediate medical attention if you experience:

- Pain so severe that you can't sit still or find a comfortable position
- Pain accompanied by nausea and vomiting
- Pain accompanied by fever and chills

Kidney stones often have no definite, single cause. A number of factors, often in combination, create the conditions in



which susceptible people develop kidney stones. Kidney stones form when the components of urine — fluid and various minerals and acids — are out of balance. When this happens, your urine contains more crystal-forming substances, such as calcium, oxalate and uric acid, than the available fluid can dilute. At the same time, your urine may be short of substances that keep crystals from sticking together and becoming stones. This creates an environment in which kidney stones are more likely to form.

Most kidney stones contain crystals of more than one type. Types of kidney stones include:

- **Calcium stones.** Most kidney stones are calcium stones, usually in the form of calcium oxalate. High oxalate levels can be found in some fruits and vegetables, as well as in nuts and chocolate. Your liver also produces oxalate. Dietary factors, high doses of vitamin D, intestinal bypass surgery and several different metabolic disorders can increase the concentration of calcium or oxalate in urine. Calcium stones may also occur in the form of calcium phosphate.
- **Struvite stones.** Struvite stones form in response to an infection, such as a urinary tract infection. Struvite stones can grow quickly and become quite large.
- **Uric acid stones.** Uric acid stones can form in people who are dehydrated, those who eat a high-protein diet and those with gout. Certain genetic factors and disorders of the blood-producing tissues also may predispose you to uric acid stones.
- **Cystine stones.** These stones represent only a small percentage of kidney stones. They form in people with a hereditary disorder that causes the kidneys to excrete excessive amounts of certain amino acids (cystinuria).
- **Other stones.** Other, rarer types of kidney stones can occur.

Knowing your type of kidney stone helps to understand what might have caused the stone to form and may give clues as

to what you can do to reduce your risk of getting additional kidney stones. Factors that increase your risk of developing kidney stones include:

- **Family or personal history of kidney stones.**
- **Being an adult.** Most common in adults age 40 and older, though kidney stones may occur at any age.
- **Being a man.**
- **Dehydration.**
- **Certain diets.** Eating a diet that's high-protein, high-sodium and high-sugar may increase your risk of some types of kidney stones.
- **Being obese.**
- **Digestive diseases and surgery.** Gastric bypass surgery, inflammatory bowel disease or chronic diarrhea can cause changes in the digestive process that affect your absorption of calcium and increase the levels of stone-forming substances in your urine.
- **Other medical conditions.** Diseases and conditions that may increase your risk of kidney stones include renal tubular acidosis, cystinuria, hyperparathyroidism and certain urinary tract infections

Treatment for kidney stones varies, depending on the type of stone and the cause. Most kidney stones won't require invasive treatment. You may be able to pass a small stone by:

- Drinking as much as 2 to 3 quarts (1.9 to 2.8 liters) a day may help flush out your urinary system.
- To relieve mild pain, your doctor may recommend pain relievers such as ibuprofen (Advil, Motrin, others), acetaminophen (Tylenol, others) or naproxen sodium (Aleve).

Kidney stones that can't be treated with conservative measures — either because they're too large to pass on their own or because they cause bleeding, kidney damage or ongoing urinary tract infections — may require more invasive treatment.

Small kidney stones can be treated by your family doctor. But if you have a large kidney stone and experience severe pain or kidney problems, your doctor may refer you to a doctor who treats problems in the urinary tract (urologist).

Yo Ho Ho & a Bottle of Rum Caribbean Salsa



Ingredients:

Serves: 6-8, **Prep Time:** 20 minutes,

Total Time: 1 1/2 hrs

- 1 papaya, peeled and diced
- 2 mangos, peeled and diced
- 1 red sweet bell pepper, diced
- 1/4 cup chopped red onion
- 3 tablespoons cilantro, chopped
- 3 tablespoons lime juice
- 3 tablespoons orange juice
- 2 tablespoons dark spiced rum (Captain Morgan's)
- 3 tablespoons shredded coconut
- Salt, to taste

Directions:

- Combine all and toss.
- Chill in fridge.
- Serve with grilled jerk chicken or pork.



June is National Iced Tea Month. Legend has it that a tea vendor at the 1904 World's Fair in St. Louis popularized the drink. When visitors to the sweltering event turned down free hot tea, he ran it through iced pipes to chill the beverage. Word quickly spread about his cold tea. Iced tea can be brewed from loose tea, made from instant or bagged tea or purchased ready to drink in bottles and cans. Unsweetened, it is a low calorie cooling drink. Read on for tips and refreshing ways to enjoy a chilled glass of tea.

JUNE 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 9-12 Sat. Clinic
5	6	7	8	9	10	11 9-12 Sat. Clinic
12	13	14	15 Flag Day	16	17	18 Closed
19 Heal the World Day	20	21	22	23	24	25 Closed
26	27	28	29	30		

June is... National Safety Month, Adopt-A-Shelter Cat Month, American Rivers Month, Cancer in the Sun Month, Dairy Month, Turkey Lover's Month, National Accordion Awareness Month, National Fresh Fruit Month, National Iced Tea Month, National Papaya Month, National Pest Control Month, National Rose Month, National Goat Trauma Awareness Month, Innovation Month, National Men's Health and Zoo/Aquarium Month.

UNDER CONSTRUCTION



This is a new section in our newsletter specifically designated to update our patients on happenings or changes within our office...

We are working toward several goals for 2011 as we update and make these changes we will notify you through letters or through this section of the newsletter. If you have questions concerning a specific change, please feel free to contact Barb Rider, our Office Manager.

As of January 2011 - Gunnison Valley Family Physicians established Health Fair review policy is as follows:

- After the patient receives their Health Fair report it is recommended that they call for an appointment to go over results. This can be attached to a physical exam appointment if the patient wishes.
- However, GVFP will accept the Health Fair reports for the doctor of the patients' choice to review and call the patient with any concerns. It still may be recommended that the patient come into the clinic for an appointment. There will be a \$42 lab review charge billed to the patients' account which is not billable to insurance.

National Safety Month

NATIONAL SAFETY MONTH 2011

Each June, the National Safety Council encourages organizations to get involved and participate in National Safety Month. Each week carries a theme that brings attention to critical safety issues.

The National Safety Council is on a mission to prevent unintentional injury and death by educating and influencing people to adopt and maintain safe and healthy practices in the workplace, on our roads and highways, and in our homes and communities. The cost of unintentional injuries to Americans and their employers exceeds \$693 billion nationally, or \$5,900 per household, and causes great suffering among individuals and their families.

