

Testimonials

Wayne Bruno, a kidney stone patient talks about his experience of getting kidney stones.

"I think they are extremely painful I mean extremely painful," Bruno said.

Scan QR code to view video



National Kidney Foundation of Hawaii

The mission of the National Kidney Foundation of Hawaii, a major voluntary health organization, is to prevent kidney disease and urinary tract diseases, to improve the health and well-being of individuals and families affected by these diseases and to increase the availability of all organs and tissue for transplantation in Hawaii.

Contact us to learn more!

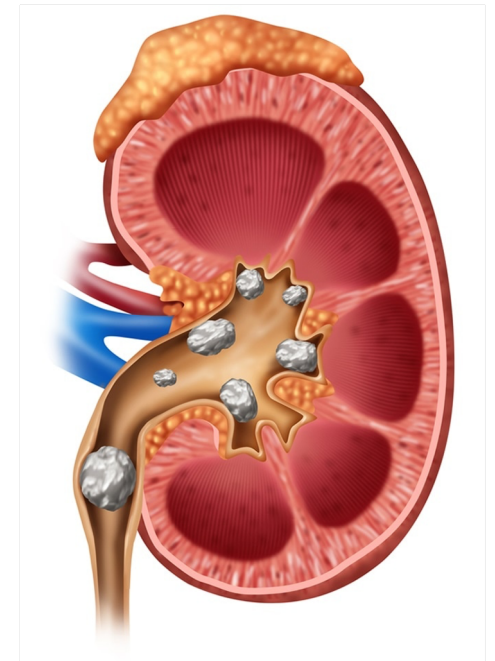
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Kidney Stones



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Kidney stones are hard deposits made of minerals and salts that form inside the kidneys.

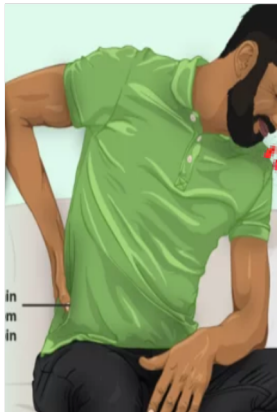
Four types of Kidney Stones

- Calcium Oxalate
- Uric Acid
- Struvite
- Cystine



Symptoms

- severe sharp pain in the side and back below the ribs
- pain or burning sensation while urinating
- pink or red or brown urine

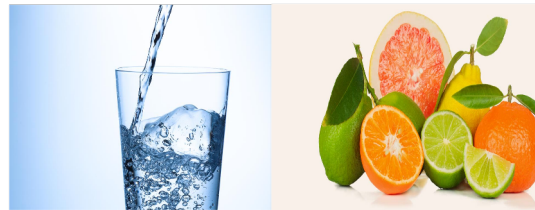


Risk Factors

- Family or personal history
- Poor diet (a diet that's high in protein, salt, and sugar may increase the risk)
- Dehydration
- Overweight/obesity

Preventions

- Drink enough water (at least 8 cups of water, 8 oz each cup per day)
- Avoid beverages like sodas
- Eat less animal protein (e.g. meat and seafoods)
- Eat vegetables and fruits



Medications

- Alpha Blockers
- Allopurinol
- Thiazide Diuretics
- Potassium Citrate



Surgery

- Ureteroscopy
- Shockwave Lithotripsy
- Percutaneous Nephrolithotomy
- Robotic- Assisted Kidney Stone

