

Urinary Calculi: Its Symptoms, Prevention, Treatment and Complications

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EDITORIAL

Urinary calculi, also known as nephrolithiasis or urolithiasis, are when a solid piece of material (order gravestone) develops in the urinary tract. Urinary calculi monuments generally form in the order and leave the body in the urine sluice. Small calculi may pass without causing symptoms. If a calculi grows to further than 5 mm(0.2 in), it can beget blockage of the ureter, performing in sharp and severe pain in the lower reverse or tummy. Urinary calculi may also result in blood urination, puking, or painful urination.

Most calculi form by a combination of genetics and environmental factors. Threat factors include high urine calcium situations, rotundity, certain foods, some specifics, calcium supplements, hyperparathyroidism, gout and not drinking enough fluids. These calculi form in the order when minerals in urine are at high attention. The opinion is generally grounded on symptoms, urine testing, and medical imaging. Blood tests may also be useful. Urinary calculi are generally classified by their position nephrolithiasis in the kidney and ureter, cystolithiasis in the bladder, or by what they're made of (calcium oxalate, uric acid, struvite, cystine).

In those who have had urinary calculi, forestallment is by drinking fluids similar that further than two liters of urine are produced per day. If this isn't effective enough, thiazide diuretic, citrate, or allopurinol may be taken. It's recommended that soft drinks containing phosphoric acid (generally colas) be avoided. When a urinary stone causes no symptoms, no treatment is demanded; else, pain control is generally the first measure, using specifics similar as non-steroidal anti-inflammatory medicines or opioids. Larger stones may be helped to pass with the drug tamsulosin or may bear procedures similar as extracorporeal shock surge lithotripsy, ureteroscopy, or percutaneous nephrolithotomy.

Between 1 and 15 percent of people encyclopedically are affected by these urinary calculi at some point in their lives. In 2015, 22.1 million cases passed, performing in about deaths. They've come more common in the Western world since the 1970s. Generally, further men are affected than women. Urinary calculi have affected humans throughout history with descriptions of surgery to remove them dating from as early as 600 BC.

Symptoms and signs of urinary calculi

- Severe pain in your stomach or lower back or one side of your body

- Experiencing nausea and vomiting
- Blood urination
- Painful urination
- Inability to urinate
- Pain that radiates to the genital region
- Hematuria and Dysuria

Prevention of urinary calculi

- Increasing the intake of more fluids to more than 3 litres.
- Limiting the alcohol consumption.
- Reduce the intake of animal protein which causes the recurrence of the urinary calculi.
- Consumption of more vitamin C.
- Maintaining of the diet.

Treatment

- Most of the small urinary calculi can be passed out during urination and can be treated at home.
- Non-steroidal anti-inflammatory drugs are used in order to manage the severe pain caused by the calculi.
- In order to treat the large kidney stones surgery is required.

The following surgeries are used to treat the stones

- Shockwave lithotripsy (SWL)
- Ureteroscopy
- Percutaneous nephrolithotomy (PCNL)

Complications of treatment

After the treatment of large kidney stones some of the Complications may occur. The complications may include

- An infection that may occur in the kidneys
- The ureter may get blocked due to the fragments of the stones
- Injury to the kidney and ureter
- Severe pain that may long last

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