AgelessCoach™
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# Kidney Stones: Signs and Prevention Sheet

The 5 signs a stone is on the move, the 3 levers that lower your risk, and what to ask after a first stone.

✓ **Verified against published guidance** from NIDDK (NIH), Mayo Clinic & Cleveland Clinic · sources below

**Pain you cannot sit still through, pain with vomiting, or pain with fever and chills needs urgent care. Do not wait it out.**

## ✓ Do This

### Run the 5-Sign Check

- Sharp pain in the side and back
- Pain that comes in waves
- Pain spreading to the groin

COACH'S TIP Waves are the tell. Muscle pain does not do that.

### Strain Your Urine and Keep the Stone

- The lab identifies the stone type
- The type decides your food changes
- There are four common types

COACH'S TIP Catching it is worth more than describing it.

### Set a Water Target You Can See

- Six to eight 8 ounce glasses a day
- Ask if your kidneys allow that much
- Water is the drink NIDDK names

COACH'S TIP Fill a bottle each morning. Make it visible.

### Attack Sodium in Packaged Food

- Canned soup, deli meat, frozen meals
- More sodium means more calcium filtered
- Restaurant food carries most of it

COACH'S TIP Most sodium is not from the shaker.

### Ease Off Animal Protein

- Beef, chicken, pork and organ meats
- Swap in beans, dried peas and lentils
- Eggs, fish, shellfish and dairy

COACH'S TIP Limit, do not eliminate. You still need protein.

### Ask Which Stone You Had

- Calcium oxalate is the most common
- Each one has different food advice
- Calcium phosphate, uric acid, cystine

COACH'S TIP Generic stone advice is often the wrong advice.

## ✗ Do Not

### Do Not Cut Out Calcium

- Calcium in food is not the cause
- Low oxalate plant sources are preferred
- In the right amount it blocks stone formers

COACH'S TIP Ask before cutting it. This one backfires.

### Do Not Count Every Drink as Water

- Sugary drinks work against you
- Water is the drink NIDDK names
- Extra body weight raises the risk

COACH'S TIP Volume alone is not the point.

### Do Not Treat It as One and Done

- A first stone raises the odds of another
- Prevention starts the week you pass it
- Type and inputs decide the next one

COACH'S TIP The next stone is being built now.

### Do Not Skip Fluids Overnight

- Urine concentrates while you sleep
- Hot, dry climates raise it further
- Dehydration is a listed risk factor

COACH'S TIP Sweat heavily? You likely need more.

### Do Not Ignore Fever With the Pain

- Fever and chills change the picture
- Mayo lists it as a same day reason
- It can mean infection behind a blockage

COACH'S TIP Pain plus fever is not a wait and see.

### Do Not Drop Spinach and Nuts Blindly

- Oxalate advice is stone type specific
- Ask which foods matter for you
- It only applies to calcium oxalate stones

COACH'S TIP The wrong restriction costs nutrition for nothing.

## THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

| | |
|---|---|
| 1 in 10 | people will get a kidney stone at some point in their lifetime |
| 6 to 8 | 8 ounce glasses of water a day, the common prevention target |
| Up to 3 wks | how long a stone can take to pass on its own |

**Sources:** NIDDK (NIH), Eating, Diet & Nutrition for Kidney Stones · Mayo Clinic, Kidney stones: symptoms and causes · Cleveland Clinic, Kidney Stones. **Educational content, not medical advice.** Talk with your doctor.