

CALCIUM stones (Type II, calcium oxalate dihydrate, weddellite)

⚠️ THREE RISK FACTORS

1) Concentrated urine

Dark urine
Insufficient urine volume

2) Diet-related factors

Excess salt intake
Excess protein intake
Calcium intake > 1500 mg/day
(> 5 dairy products)

3) Underlying disorders

Acquired causes (e.g. hyperparathyroidism)
Genetic causes ("tubulopathies")

"Diet is important in all cases, even when there is an associated underlying cause."

✓ MANAGEMENT

HYDRATION (Dilution)

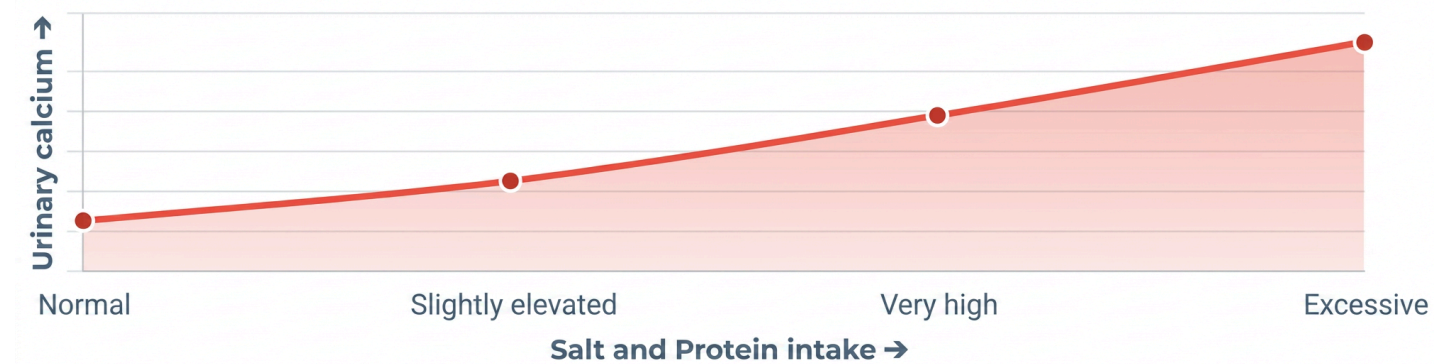
- Goal : **clear urine throughout the day**
- Target urine volume depends on stone burden
- Prefer water
- Drink especially in summer or during physical activity

DIETARY MEASURES

Normal calcium, salt, and protein intake

ADDITIONAL TESTS

- Specialized laboratory investigations ± calcium loading test



"The more salt or protein you eat, the more calcium you excrete in the urine."