

URIC ACID stones

1) Acidic urinary pH = INSULIN RESISTANCE

(associated with hypertension, excess weight, diabetes, ...)

"Uric acid stones are an indirect sign that cardiovascular risk factors need to be addressed."

 **TWO RISK FACTORS**

2) Increased uric acid in the urine

 **MANAGEMENT**

1) Mediterranean diet
= DASH diet (*rarely sufficient on its own, but essential*)

- Fruits and vegetables
- Less alcohol, less meat and organ meats

2) Alkalinize the urine*

- **Target ≥ 6.5**

Potassium citrate

Lithosolv[®]

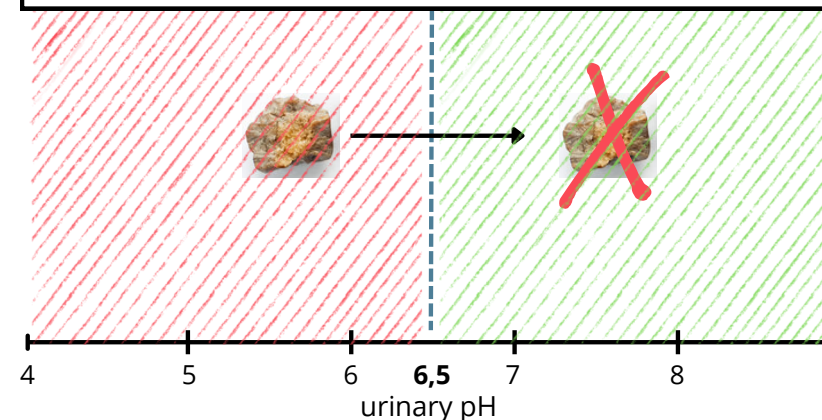
Sodium bicarbonate
(adds sodium/salt)

Compounded preparation :
Diluted in water and taken over 24 hours

1) Mediterranean diet

2) Allopurinol

***From a urinary pH of 6.5 onward, the stones dissolve in the urine**



Other helpful measures :

- Good urine dilution
- Gliflozins / SGLT2 inhibitors : drugs that may help reduce recurrence in certain indications
- Weight loss, good diabetes control