

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**

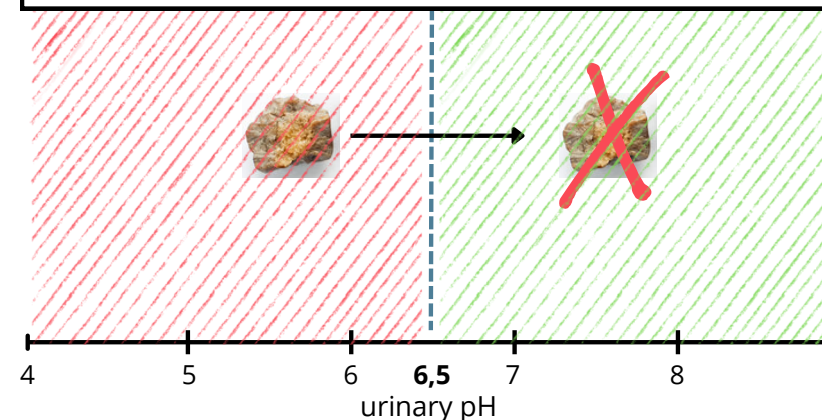
Potassium
citrate

Lithosolv®

Sodium
bicarbonate
(adds sodium/salt)

Compounded preparation :
Diluted in water and taken over 24
hours

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



1) Mediterranean diet



2) Allopurinol

Other helpful measures :

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