

**TARLA
DALAL**

INDIA'S #1 COOKERY AUTHOR

VOLUME VIII-ISSUE 6 MAR-APR 2011 **Rs.50**

Cooking & more

SINGAPORE GOES DESI

Mrs Dalal recently treated Singaporeans to traditional Rajasthani and Gujarati cuisine!

TFA ALERT

How to reduce your consumption of trans fatty acids

COPING WITH EXAMS

Eating balanced and regular meals can help you tackle exam time with ease

GET INTO THE FESTIVE MOOD

Give your Holi menu an exciting twist this year!

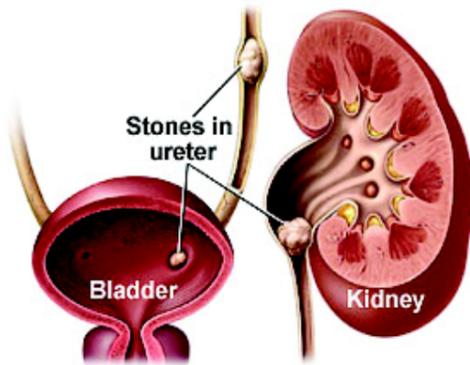


SUMMER SORBETS

These fruity concoctions make ideal dessert options when the temperature rises



www.tarladalal.com



KIDNEY STONES

Keep the stone away

We've all heard about kidney stones but not many of us actually know much about them. The most common misconception is that the stones come along with the food we eat. If that were true, how would we explain the large golf ball size stones that some people have?

The fact is that our food and life style are the major root causes of kidney stone. Normally, urine contains substances that prevent crystals from forming. However, these do not work for everyone. The other factors that can contribute to stone formation are:

- Too little fluid intake
- Working in hot and humid conditions
- Excessive sweating and frequent dehydration
- Chronic urinary tract infections
- Misuse of certain medications
- Urinary tract blockage
- Limited / Sedentary activity for several weeks
- Certain genetic and metabolic diseases

What is a kidney stone?

A kidney stone is a hard mass that occurs when calcium oxalate or other chemicals like oxalates, urates or phosphates in the urine form crystals that stick together. These crystals may grow into stones ranging in size from a grain of sand to a golf ball. Kidney stones form inside the kidneys, ureter, urinary bladder or the urethra. Kidney stones are more common in men aged between 30 and 60; they account for four out of five cases

What are the symptoms of kidney stones?

Some people may not have any symptoms, but most have at least some, such as:

- Blood in the urine
- Blocked flow of urine / low urine volume
- Severe pain in the kidneys or lower abdomen or groin
- Nausea and vomiting
- Fever, chills and weakness

Increased risk

- Animal protein
- Oxalates
- Sodium
- Low urine volume
- Uric acid
- Acid pH
- Stasis

Decreased risk

- Fluid intake
- High urine volume
- Citrate
- Glycoprotein
- Potassium
- Magnesium
- Fibre
- Vitamin B6

Can kidney stones be prevented?

Yes, a proper diet can prevent formation of kidney stones. However it is important to determine the cause of the kidney stones and modify your food habits accordingly. A nutritionist can help you make the necessary changes in your diet.

Water: It is important that you drink at least 6 to 8 glasses of fluid throughout the day to flush away waste products and minerals.

In hotter weather, you may need to drink more to compensate for fluid loss from sweating.

Kidney patients, people with lower ejection/fraction rate of heart, and patients with fluid retention problem should consult a qualified clinical nutritionist to determine their water intake.

Calcium: Calcium oxalates contribute to nearly 60% of kidney stones. If you have had a calcium stone, you may need to avoid excessive calcium in your diet. However, a low-calcium diet may increase the incidence of oxalate containing stones. A prolonged low-calcium diet can lead to loss of bone mass or osteoporosis; hence clinical evaluation is required to calculate safe levels of calcium. The recommended intake of calcium is 1000 mg/day for age less than 50 years and 1200 mg/day for age more than 50 years.

Oxalate: If you have kidney stones containing oxalate, limit foods that are high in oxalate, such as peanuts, tea (black, green, iced), instant coffee (more than 8 ounces a day), rhubarb, beets, beans, berries (blackberries, raspberries, strawberries, gooseberries, etc.), chocolate, Concord grapes, dark leafy greens, oranges, tofu, sweet potatoes, and draft beer.

Uric Acid (Gout): High uric acid leads to kidney stone formation. People with gout should keep to a low purine diet to reduce the risk of uric acid stones.

Protein: It is known that proteins increase the acidity of urine, which probably plays a role in kidney formation. Many people could reduce the risk of recurrence of stones by decreasing their daily protein intake to between 50-75 gm per day.

Consume good quality protein like three servings of milk or cheese. Check with your nutritionist to be sure that your protein intake is neither in excess nor insufficient.

Reduce the amount of animal protein like beef, chicken, pork and fish.

Kidney Function: Decrease the workload of your kidney by balancing certain vitamins and minerals.

Cut back on the salt and sodium in your diet. Extra sodium causes you to lose more calcium in your urine, putting you at risk for developing another stone.

The balance of phosphorus and calcium in the diet is very delicate because restricting the intake of one may interfere with the other.

Vitamin Supplements: The B vitamins (which include thiamine, riboflavin, niacin, B6 and B12) have not been shown to be harmful to people with kidney stones. However, check with your nutritionist for advice on the use of vitamin C, vitamin D, fish liver oils or mineral supplements containing calcium since some supplements can increase the chances of stone formation in some people.

Nutrients	Recommended Level
Vitamin C	< 2 g/day
Vitamin D	Supplement form is not recommended
Vitamin B6	40 mg or more per day
Sodium	1000 to 2,000 mg per day

Consult your nutritionist before taking over the counter painkillers, vitamin pills and calcium supplements; some of these have side effects and interactions that cause kidney damage.

How are kidney stones diagnosed?

X-rays or sound waves may be used to identify more accurately the size and location of the stones and to test kidney function. Blood and urine tests may help to find out what is causing the stone and plan the best treatment.

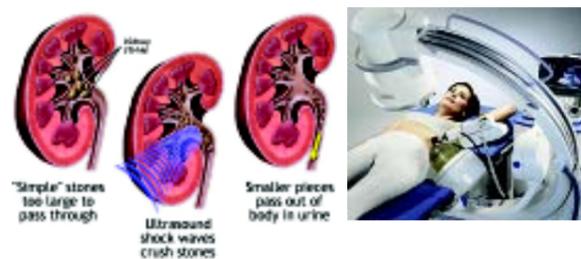
How are kidney stones removed?

By altering your food habits kidney stones can be dissolved within three to six weeks. Certain types of stones may sometimes be dissolved using medications; however, calcium-containing stones cannot be dissolved.

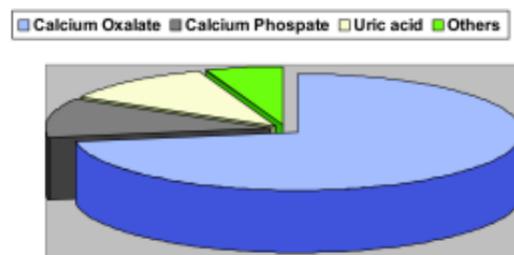
Stones should be immediately removed when infection, obstruction or kidney damage are present. The best method for you depends on the size, location and type of stone. Some stones are removed by passing a telescopic instrument with shock waves or laser beams.

The newest method of stone removal is called extracorporeal shock wave lithotripsy (ESWL). In this

technique, stones are broken down into small fragments by high energy shock waves from a device outside the body.



Components of kidney stone



Case study: Prevention of reoccurrence of kidney stone and control of uric acid (gout)

S. Gupta had a past history of kidney stone and gout, and had undergone kidney stone removal surgery. He had high uric acid levels - 9.8 mg/dl - and was taking zyloric tablet. He also had swelling and pain in the fingers and toes. After treatment from Bio-Logics Nutrition Clinic, he stopped the tablets within 10 days. His uric acid levels were brought down to 4.3 mg/dl from 9.8 mg/dl within a month's time



Dr. Nupur Krishnan - Ph.D. Food and Nutrition

Director (Bio-Logics Nutrition Clinics) - is a Clinical Nutritionist with a decade of proven experience in preventive and clinical nutrition therapies for heart attack, obesity, diabetes, high cholesterol, stroke, blood pressure, thyroid, kidney disorders, liver disease, constipation, anaemia, etc.

For further details and article related queries contact her on:

Ph: 9820999800, 9819326120, 28460910
Email: biologics24@yahoo.com
Website: www.biologics24.com