

## Kidney Stones in Children on the Rise\*



According to a New York Times article (10/28/08), kidney stones once considered to be a problem for adults are now appearing more frequently in children between 5 and 10 years of age. Potential reasons include:

- Diet. In the U.S., cases are attributed to increased salt intake. In China, cases are attributed to children who drank milk tainted with melamine - a toxic chemical illegally used to inflate the protein count.
- Sedentary Lifestyle. Inactivity leads to overweight and obese children.
- Birth Defects. When in the urinary tract, put children at risk for urinary obstruction.
- Premature Births. Stones may be formed related to medications they require.

The good news is that there are preventative steps that may be taken.

- Drink larger amounts of water. This will dilute minerals or stone-forming salts.
- Avoid caffeinated beverages.
- Eat healthy.
- Get plenty of exercise.

### Symptoms.

According to [KidsHealth.org](http://kidshealth.org), symptoms of kidney stones and other urinary problems in children include:

- Pain in the lower belly or abdomen
- Fever
- Swelling around the eyes, face, feet and ankles (edema)
- Burning or pain during urination
- Significant increase in frequency of urination
- Difficulty in controlling urination in children who are mature and can control urination.
- Recurrence of nighttime bedwetting
- Blood in the urine.

For additional information, visit

[http://kidshealth.org/parent/medical/kidney/kidney\\_diseases\\_childhood.html](http://kidshealth.org/parent/medical/kidney/kidney_diseases_childhood.html)

\*Information taken from SCHOOL HEALTH PROFESSIONAL (November 14, 2008),  
Published by the Federal News Services, Inc (Division of PaperClip Communications)



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