

‘ *The pains in my back and groin were agonising and would leave me in tears, doubled up and unable to catch my breath. My experiences have had a big impact on me. The care I received was amazing and I was so inspired I am now studying nursing. I know how it feels to be the patient and I empathise with them.* ’

LUCY

#### WHAT YOU SHOULD LOOK FOR

- Sudden intense pain in the back, stomach and groin
- Feverish symptoms or vomiting
- Blood in your urine
- Urinary tract infections

Spotting and addressing symptoms early will help you get speedier and better treatment, and give you the best chance of living life to the full again.

If you spot blood in your pee, even if it disappears or observe any of the symptoms above, you must visit your doctor so it can be investigated. In most cases it will not be cancer, it could be an infection, but should always be checked out.

## Further information

For more information on urology, its conditions and about the signs and symptoms you should be aware of visit [theurologyfoundation.org/urologyhealth](http://theurologyfoundation.org/urologyhealth)

THE  
**UROLOGY  
FOUNDATION**

Leading the fight  
against urology disease

The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education. Working with researchers, urologists and nurses we are dedicated to improving the nation's urology care so that fewer lives are devastated.

 [theurologyfoundation.org](http://theurologyfoundation.org)  
 @TUF\_Tweets  
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The Urology Foundation  
is a registered charity (1128683)

 **UROLOGY**  
Awareness  
MONTH

## Knowing the signs of KIDNEY STONES

A little TUF guide on  
urology health

THE  
**UROLOGY  
FOUNDATION**

# Urology disease affects **one in every two people** at some stage of their life.

These conditions affect your kidneys, bladder, and for men it also includes their prostate and reproductive organs.

Although we don't often speak about these conditions, they are very common and they are expected to become more common due to the effects of the lifestyles we lead and the ageing population.

For instance, about 3 in 20 men and 1 in 20 women in the UK will develop kidney stones at one point in their lives; it can happen at any age but is mostly common in people between 20 and 60 years old.

When urology conditions are diagnosed early, there is a higher likelihood for successful treatment and quality of life is less affected. There is no need to suffer in silence; there is treatment available.

This leaflet contains information about:

- **The signs and symptoms of kidney stones**
- **When to seek medical attention**
- **What you can do to prevent or relieve the symptoms**

## Kidney Stones

Kidney stones are crystals of waste material that form in the kidney. They can be excruciatingly painful and affect thousands of people every year. About 10% of the population will have a kidney stone during their lifetime.

### WHO IS AT RISK?

Kidney stones are more common in men than they are in women, and they generally affect people between the ages of 20 and 60. If you experience a kidney stone, you are much more likely to suffer from them in future. You are more at risk if:

- You are inactive or bed-bound
- You have a family history of kidney stones
- Only one of your kidneys works
- You do not drink enough water

### KNOW THE SYMPTOMS

- Unexplained pain or ache in your back and side
- Pain when peeing
- Blood in pee
- Needing to pee more frequently

### PREVENTING KIDNEY STONES

You can reduce your chances of kidney stones by:

- Drinking plenty of fluids throughout the day
- Maintaining a diet low in salt
- Reducing the amount of meat in your diet



Support  
The Urology  
Foundation

The only charity dedicated to all urology disease in the UK and Ireland. Thanks to our generous supporters we have been able to fund the brightest and best researchers and projects that fight urology disease.

You too can join the growing number of TUF supporters in the UK. There are various ways to get involved – by donating, fundraising for us or getting involved in a TUF challenge.

Please find out more on our website:  
<http://www.theurologyfoundation.org/get-involved>