

KIDNEY STONES 101



Identifying the early signs of kidney stone disease is crucial for preventing and managing symptoms

RISK FACTORS

PREVENTION

> **DEHYDRATION**



> **DRINK**
Drink 3 liters daily

> **SODIUM & PROTEIN**



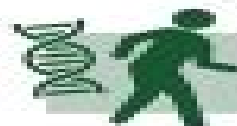
> **REDUCE**
Salt intake

> **UNHEALTHY DIET**



> **EAT**
Balanced diet rich in fruits and vegetables

> **GENETICS & INACTIVITY**



> **MOVE**
Exercise 30 minutes daily

Kidney Stone Disease Say No To Stones

R Bogdan



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