

A Clinical Study of Risk Factors for Urinary Calculi

Rajesh Kale, D Anil

Dr. D Anil. H.No.19-3-158/6, Sainath Reddy Hospital, Markandeya Colony, Godavarikhani 505209, Telangana, Email: anilchikkumicky@gmail.com

Abstract

Background: Pain abdomen due to urinary calculi is a very common presentation in surgical clinics. Accurate diagnosis and treatment are crucial for adequate management of the cases. **We in this** study tried to determine the risk factors for urinary calculi and implement them in the population, to prevent their occurrence. **Material and Methods:** This study was conducted in the Department of General Surgery/Urology, Prathima Institute of Medical Sciences, Naganoor, Karimnagar. A total of n=100 patients with urinary tract calculi were included in the study. Various risk factors were assessed and studied. Clinical manifestations of these patients were studied. **Results:** A total of n=100 patients were studied during the period. Out of n=100 cases, 54% were males and n=45% were females. The mean age of presentation was 25.5 years in males and 28.0 years in females. The commonest age group involved in males was 21 – 30 years with 30% cases and the common age group of involvement in females was 31 – 40 years 25 % of total cases. The anatomical location of calculi revealed n=81% renal stones and 16% ureteric calculi and both were involved in 3% of cases. **Conclusion:** Various risk factors have been identified in our study like consumption of non-vegetarian diet, consumption of tomato, alcohol consumption, urinary tract infection, severe physical exercise. Educating patients regarding the above risk factor can reduce the incidence of urinary calculi and decrease morbidity in the general population.