

Preface

Kidney stones place a heavy burden on physicians and society but most importantly they significantly impact our patients' quality of life. Those who have a first stone attack are highly motivated to make changes to try to avoid recurrence, yet unfortunately only the minority receive appropriate evaluation and counseling.

This handbook was designed to provide the evidence-based tools to make patient-centered recommendations that can decrease the risk of stone recurrence and improve quality of life. We hope you and your patients find it helpful.

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Dietary and Medical Therapy

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