

Don't roll this stone

Kidney stones are not worth the pain, doctors say

*****SOT*****

Dr. Uwais Zaid [ew-WAHS ZAYD], OSF HealthCare urologist

"It's horrible. They just can't get comfortable. They're writhing around in pain." (:03)

*****SOT*****

Dr. Uwais Zaid [ew-WAHS ZAYD], OSF HealthCare urologist

"When the kidney gets obstructed, everything gets swollen upstream. That causes everything to get stretched out. And it hurts a lot. Your body responds with severe pain in the flank area. It's a sharp, stabbing pain." (:14)

*****SOT*****

Dr. Uwais Zaid [ew-WAHS ZAYD], OSF HealthCare urologist

"Other risk factors include a family history of kidney stones. Chronic diarrhea can cause dehydration and a loss of electrolytes." (:08)

*****SOT*****

Dr. Uwais Zaid [ew-WAHS ZAYD], OSF HealthCare urologist

"If the kidney remains obstructed for several weeks, that can lead to kidney damage. If the kidney stone causes urine to get infected upstream, that can lead to sepsis, which is a life-threatening infection."