

Don't roll this stone

Kidney stones are not worth the pain, doctors say

You've heard the saying that the pain from a kidney stone is comparable to childbirth.

An OSF HealthCare urologist says it's true and all the more reason to avoid the ailment.

TAVE VO

Doctor Uwais Zaid says to drink plenty of water and avoid excess sugar in your diet. And don't try to tough out your symptoms because there could be deadly consequences.

*****SOT*****

Uwaid 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." (:13)

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Small kidney stones can pass on their own. Bigger ones may require a procedure.