

## **Don't roll this stone**

*Kidney stones are not worth the pain, doctors say*

Run time - :30

ANCHOR LEDE: You've heard the saying the kidney stone pain is as bad as childbirth. One urologist says it's true and all the more reason to avoid the ailment. Tim Ditman of OSF HealthCare has more.

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Doctor Uwais Zaid [ew-WAHS ZAYD] says drink water and avoid excess salt and sugar in your diet. And don't tough out the symptoms.

*SOUNDBITE: "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."*

Small stones may pass on their own. A procedure may be needed for larger ones.

I'm Tim Ditman.

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ANCHOR TAG: Those procedures could include using sound waves or a laser to break up the stones. That could be done outside or inside the body.