

# Kidney Stone App for iPhone!

*A FREE iPhone App is now available to assist patients that form kidney stones monitor their fluid intake! Additionally, it's use can be expanded to other situations such as aiding marathon runners watching fluid intake or helping the elderly chart their fluids.*



## Cause of Kidney Stones:

While the cause of kidney stones can be multifactorial, the leading cause is low fluid intake resulting in dehydration. The more concentrated the urine (usually identified by a deeper yellow appearance), the more likely stones can form. First line preventive therapy involves encouraging fluids intake in most

patients with a goal of producing 2 Liters (L) of urine per day. This usually requires ingesting around 3L or 100 ounces of fluid. This amount is a total of all fluids and NOT just water intake. Each patient should consult with their physician for their fluids intake goal.

## “Kidney Stone App”

The new iPhone app helps patients track their fluid intake. It includes a drink list of commonly consumed beverages and a listing to help select the volume. Throughout the day, the user simply touches the picture of each drink and the intake is automatically logged into the daily summary. The app has a daily summary and a graph of previous days. The operator can choose the fluid goal as recommended by their physician and set the units of measurement (ml, ounces, pints). The app then computes and graphs how close the person is to reaching their goal each day.

The iPhone app is a FREE download and can be found by searching the iPhone app site for “kidney stone app”. A short survey for users can be obtained by emailing [kidneystoneapp@gmail.com](mailto:kidneystoneapp@gmail.com).

## BEST TYPE OF FLUIDS TO PREVENT STONES?

### What about Coffee, Tea and Alcohol? What about Cranberry Juice?

Although much lore exist about the risk of specific types of beverages on stone formation, most studies indicate a benefit to consumption of nearly any beverage. Common beverages like tea, coffee, tea, caffeinated soda, and alcohol in modest amounts have been found to actually reduce stone formation. The small negative effects are outweighed by caffeine or alcohol’s ability to increase production of more urine, and thus dilute the urine. While lemon juice may help inhibit stone formation, some fruit juices are high in oxalate and may lead to stone formation. Grapefruit, apple juice and, yes, *cranberry juice* should be avoided.