



MEDICAL  
— and —  
SURGICAL  
CLINIC of  
IRVING

## KIDNEY STONE CLINIC

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Nephrolithiasis is a relatively common problem in United States. It is an important cause of morbidity and dealing with them is estimated to cost more than \$5 billion yearly in the US alone. Occasionally, if these stones become large enough, they cause obstruction of the kidney drainage system. This may result in severe pain, bleeding, infection or kidney failure. Various surgical treatments may be warranted in specific circumstances to treat stones.

Unfortunately, without changes being made, a recurrent stone episode will occur in 50% of patients within 10 years. There are many factors that exacerbate stone formation including persistently concentrated urine, high urinary calcium, oxalate, uric acid, high urine acidity, and/or lack of inhibitory substances in the urine such as citrate.

### **Please consider referring your patients with the following conditions to our Kidney Stone Clinic:**

- Multiple stones at first presentation
- Recurrent kidney stones
- Family h/o kidney stones
- Patients needing invasive stone removal
- Patients with primary hyperparathyroidism, renal tubular acidosis, gout, etc.
- Stones in patients with chronic diarrhea/ malabsorption/ bowel surgery/ bariatric surgery/gout/ osteoporosis/ chronic UTI/ urinary diversion
- Stones composed of uric acid/ calcium phosphate/ cysteine/ struvite
- Stones in solitary kidney/ frequent travelers/ pilots

At Medical & Surgical Clinic of Irving's Kidney Stone Clinic, we combine both Nephrology and Urology for the best prevention and treatment for our patients.

Our Nephrologist, Dr. Jaya Grandhi, who trained at University of Rochester School of Medicine and Dentistry, Rochester, NY has special interest in treating patients with kidney stones. She will help patients by identifying their risk factors for formation of kidney stones through an extensive comprehensive metabolic work-up, including blood tests and 24-hour urine test. Then, she will formulate an individualized plan including dietary changes and medications to prevent the future formation of kidney stones.

Our Urologist, Dr. William Smith, who trained at UT Southwestern Medical Center, will provide various surgical interventions including ESWL, percutaneous nephrolithotomy, and ureteroscopy when deemed necessary.

Together, they will work closely to provide integrated, individualized and compassionate care to each patient and reduce and treat recurrent kidney stones.