



Paul A. Parker, M.D.
James C. Wasserman, M.D.
Patricia L. Cantlin, D.O.
Mark G. Parker, M.D.
John P. Vella, M.D., FACP, FRCP,FASN

Robert F. Zimmerman III, M.D.
Stuart Abramson, M.D.
Michael C. Akom, M.D.
Eric N. Taylor, M.D., MSc
Ioan Mihai Cosma, M.D.

Ana Rossi, M.D., MPH
Michael G. Tranfaglia, PA-C
Eric D. Holmes, PA-C
Emily Snow, FNP
Sara E. Rosa, PA-C

MNA KIDNEY STONE PREVENTION CLINIC

Patient Handout

Overview

If you suffer from kidney stones, Maine Nephrology Associates (MNA) offers an important service. It's the Kidney Stone Prevention Clinic, which is designed to stop kidney stone recurrence.

What sets this program apart – as its name suggests – is that we focus on *preventing* kidney stones before they can cause problems. Because removal of kidney stones can involve the use of shock waves or surgery, we believe that *preventing* stones is more effective, less painful and less expensive, and we're committed to helping you do so.

It's an approach that works. **Kidney stones are preventable** with lifestyle changes and, when necessary, medicines to treat any underlying condition that might be contributing to kidney stone formation. We will work closely with you to understand what's causing your kidney stones, and to develop a lifestyle and medication plan tailored to your individual situation.

How the Kidney Stone Prevention Clinic Works

Step 1: Comprehensive Evaluation and Diagnosis

The first step in preventing kidney stones is to understand what is causing the stones to form. This information helps us make recommendations about lifestyle/diet changes and medications tailored to your unique situation. To obtain this information, we do a comprehensive evaluation that includes:

- **Medical history and physical examination** – We will take a careful history not only of your episodes of kidney stones, but also any family history of kidney stone disease.
- **Laboratory studies** – Prior to your first appointment with a member of our team, you will be asked to collect your urine over a 24-hour period. After your first visit, we usually will draw some blood. These urine and blood samples will be tested for unusual levels of chemicals or other factors that may be causing stone disease. If a kidney stone has been collected, we will do an analysis to see what kind of stone it is.

PRACTICE LIMITED TO KIDNEY DISEASE AND HYPERTENSION

1600B Congress Street Portland, ME 04102

Tel: (207) 774-5222 Fax: (207) 761-4433

www.mainenephrology.com



Paul A. Parker, M.D.
James C. Wasserman, M.D.
Patricia L. Cantlin, D.O.
Mark G. Parker, M.D.
John P. Vella, M.D., FACP, FRCP, FASN

Robert F. Zimmerman III, M.D.
Stuart Abramson, M.D.
Michael C. Akom, M.D.
Eric N. Taylor, M.D., MSc
Ioan Mihai Cosma, M.D.

Ana Rossi, M.D., MPH
Michael G. Tranfaglia, PA-C
Eric D. Holmes, PA-C
Emily Snow, FNP
Sara E. Rosa, PA-C

- **Imaging studies** – Usually we do not need additional radiology (imaging) tests to formulate your individualized kidney stone prevention plan. However, we may recommend that you have imaging tests to understand the size and location of any stones that might still be in the kidneys.

Step 2: Developing a Personalized Kidney Stone Prevention Plan

- The specific prevention plan we recommend is determined by the results of your 24-hour urine collection and your kidney stone type (if available). Once we understand the composition of your urine, the type of stone your body produces, and identify any underlying medical conditions that contribute to stone formation, we develop a recommended prevention plan for you that is tailored to your unique health needs. Such a plan is likely to include lifestyle and dietary changes. It might also include medications.
- Not every person with recurrent kidney stones needs to see a dietitian. However, some of our patients benefit from seeing our dietitian who will help you plan meals that lower the risk of forming stones.

Step 3: Careful, Ongoing Monitoring

The ultimate success of a kidney stone prevention plan depends on your willingness to commit to it long term. Thus, we will closely monitor your response to our treatment. Kidney stone prevention requires a long-term commitment, and the MNA Kidney Stone Prevention Clinic is here to help you every step of the way.

- We will meet with you regularly to monitor how you're doing and make any necessary changes to your diet or medications to keep you as healthy – and stone-free – as possible
- We will share with you any new information about kidney stone prevention that we learn through our own research and that of other investigators across the country

PRACTICE LIMITED TO KIDNEY DISEASE AND HYPERTENSION

1600B Congress Street Portland, ME 04102

Tel: (207) 774-5222 Fax: (207) 761-4433

www.mainenephrology.com



Paul A. Parker, M.D.
James C. Wasserman, M.D.
Patricia L. Cantlin, D.O.
Mark G. Parker, M.D.
John P. Vella, M.D., FACP, FRCP, FASN

Robert F. Zimmerman III, M.D.
Stuart Abramson, M.D.
Michael C. Akom, M.D.
Eric N. Taylor, M.D., MSc
Ioan Mihai Cosma, M.D.

Ana Rossi, M.D., MPH
Michael G. Tranfaglia, PA-C
Eric D. Holmes, PA-C
Emily Snow, FNP
Sara E. Rosa, PA-C

Why Choose the MNA Kidney Stone Prevention Clinic?

- We are dedicated to *preventing* the formation, growth, and recurrence of kidney stones
- Our clinic is headed by a nationally recognized expert in kidney stone prevention and research
- We are committed to empowering you – through education and support – to take charge of your health by making the necessary lifestyle changes to prevent kidney stones from recurring
- We offer the most advanced laboratory testing to make the most accurate diagnosis of what's causing your kidney stones

The MNA Kidney Stone Prevention Clinic Team

Director: Eric N. Taylor, MD, MSc, FASN

Coordinator: Yvonne Sirois, RN

Dietitian/Nutritionist: Lisa Hutter, RD

PRACTICE LIMITED TO KIDNEY DISEASE AND HYPERTENSION

1600B Congress Street Portland, ME 04102

Tel: (207) 774-5222 Fax: (207) 761-4433

www.mainenephrology.com