



## **KIDNEY STONE DISEASE: CHRONIC PROSTRATION, MODERN CHECK METHODS AND TREATMENT**

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<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> October 28 <sup>th</sup> 2024 <b>Accepted:</b> November 26 <sup>th</sup> 2024	In the article kidney stone disease causes, risk factors, diagnostics methods and modern treatment measures are illuminated. Kidney stones urine on the roads harvest are mineral structures that occur and they pain, urine release difficulty and other health problems brought release possible. Chronic prostration kidney of activity decreases as a result of the surface comes and general fatigue syndrome as manifestation will be. Modern medicine kidney stones diagnosis and treatment for various treatment methods, including ultrasound controller, computer tomography, lithotripsy and surgery practices. In the article, the disease prevention to take according to recommendations are also provided.

**Keywords:** Kidney stone disease , nephrolithiasis , chronic prostration , diagnostics , lithotripsy , surgery , prevention .

**INTRODUCTION** Kidney stone disease ( nephrolithiasis ) world along wide widespread urological problems This disease is one of urine mineral and salts meeting as a result harvest was hard of structures appearance to be described. Research according to that, kidney stones are mainly wrong food, water deficiency, genetic tendencies and metabolic disorders as a result develops. In the article on the disease reasons, modern diagnostics methods and effective treatment measures are illuminated.

**Kidney Stone Disease Reasons** Kidney stone disease reason divider factors the following to be possible :

**Genetic Tendency** – If in the family kidney stone disease history if this to illness ringing danger high will be.

**Water Deficiency** – Low fluid consumption as a result of urine concentration and forms a stone to be probability increases.

**Eating Properties** – Calcium and products rich in oxalates have many consumption to do, and in high proteinaceous and salty foods food to do the danger increases.

**Metabolic Diseases** – Gout, parathyroid gland hyperfunction, diabetes diabetes and diseases urine acid imbalance brought releases.

**Mobility and Excess Weight** – Still marriage-style metabolism to slow down take it comes, this and stone fruit to be motivation to be possible.

**Chronic Prostration and Kidney Stone Disease** Chronic prostration – kidney activity decreases as a result of the surface coming fatigue syndrome. This condition far continue to reach kidney stone disease or

chronic inflammation processes because of the development possible. In patients permanent fatigue, work of activity decrease in immunity weakening and sleep violation are observed. Chronic prostration prevents to take for a healthy marriage in style compliance to do and doctor control under to be important importance has.

**Modern Check Methods** Kidney stone disease diagnosis for modern medicine following methods:

**Ultrasound UTI (Urine Test )** – Kidney of stones location and size determination is used.

**Computer Computed tomography (CT)** – Kidney and urine system in detail image to take opportunity gives.

**Magnetic resonance imaging tomography (MRI)** – Kidney of stones structure determination is applied.

**Biochemical Tests** – Blood and urine minerals and salts ratio to determine.

**Metabolic Research** – Mineral metabolism of the body with related violations study.

**Urine Analysis** – Urine in the composition of crystals existence determination through diagnosis to put

**Treatment Methods** Kidney stone treatment follows two approaches is based on :

**Conservative therapy** – Drink mode normalization , diet , medications ( diuretics , antispasmodics , anti-inflammatory against means ) acceptance to do

**Minimally invasive Treatments – Lithotripsy** – Stones laser or waves using crushing. **Endoscopic method** – Simo through kidney inside enter, throw stones Ureteroscopy – From the **urethra** transition



through urine on the roads located the stones take throw

**Surgery Practice** – Senior in size or urine system obstruction reason was the stones take throw for open or laparoscopic surgery practices is applied.

**Before Getting Measures** The disease prevention takes for following recommendations compliance Required: Per day at least 2-3 litres of water drink. Salt and calcium-rich products in moderation consumption too. Physical activity increases and excess weight escapes. From time to time with medical from the examination transition and urine the composition observation. Stress reduction and sleep mode order Vitamins and minerals balance control to do. Wrong food and harmful habits give up to wait.

**CONCLUSION** Kidney stone disease health for a serious problem to be possible. Modern diagnostics and treatment methods of the disease development prevent take and patient life quality improves opportunity. A correct diet, enough liquid acceptance, and a healthy marriage style of the disease prevent the most effective methods Also, regular medical inspections transition and the doctor to compliance with the recommendations of the disease repetition probability to reduce help give.

#### **FOYDALANILGAN ADABIYOTLAR**

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