



### MED-TALK

#### Curb the stony deals!

ARE you troubled because of stones in the urinary tract? Fret no more! Stone in the urinary track usually originate in the kidneys and some of them travel downwards towards the urinary bladder through the thin tubes called ureters. If a stone is allowed to obstruct the passage of urine from a kidney for a long time, the kidney eventually loses its function. The best way to detect one is through an Ultrasound, specialized X-rays and CT scan.

However, for stone less than 4 mm, a fine telescope may be passed through the natural urinary passage to pick it up. This process is called Ureteroscopic Lithotripsy. Advises, Dr. Rajesh Taneja, senior consultant urologist, Pushpawati Singhania Research Institute for Liver, Renal and Digestive Diseases, "The single most important measure to be taken is to drink plenty of plain water so that crystals get washed off before the stones are formed."