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No More Kidney Stones: The Experts Tell You All You Need to Know about Prevention and Treatment

John S. Rodman, R. Ernest Sosa, Cynthia Seidman

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A Proven Plan to Prevent Painful Kidney Stones

At last! Whether you are a chronic kidney stone sufferer or at risk of developing stones, this practical, comprehensive guide will help you take charge of your health and eliminate this painful disease from your life forever. Written by a team of experts in the field, No More Kidney Stones includes the latest information on risk factors, dietary and lifestyle choices, and state-of-the-art treatments. It includes:
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Specific, detailed remedies to prevent the formation of the four major types of kidney stones
*

Prescriptions for creating a diet that works and dietary troublemakers to avoid
*

Treatment options, including Extracorporeal Shock Wave Lithotripsy (ESWL), cystoscopy, ureteroscopy, percutaneous stone surgery, and open surgery
*

Case histories showing what types of treatment are appropriate for what specific conditions
*

Guidance on what to expect before, during, and after treatment
*

Advice on finding the right specialist

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