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The Role of Diet and Nutrition in the Management of Stone Disease

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Message from the Guest Editor

The landscape of surgical management of kidney stone disease (KSD) has changed over the last 2 decades, yet comparatively little is known or practiced when it comes to medical management and primary disease prevention. While dietary recommendations are laid out in the guidelines, they are mostly generic and do not always take individual patient circumstances into account.

There has been a rise in the incidence of KSD due to warm weather, increased diagnostic testing leading to incidental stones, and changes in diet and lifestyle. The latter can be addressed by primary prevention, metabolic screening, and targeted medical management.

In this issue, we look at the role of diet and nutrition in the management of stone disease.



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