

HIGH CALCIUM IN URINE

Hypercalciuria

Your kidney stone analysis and/or UroMax24 test results may have revealed high levels of calcium. This flyer will answer some of your questions about hypercalciuria and how to safely reduce the risk of kidney stones.



WHAT IS HYPERCALCIURIA?

Hypercalciuria is the excessive loss of calcium into the urine. High levels of calcium in the urine cause crystals of calcium oxalate or calcium phosphate to form in the kidneys or other parts of the urinary tract.

WHAT CAUSES HYPERCALCIURIA?

High urine calcium is usually an inherited condition. However, diet may also play a factor.

DO I NEED TO REDUCE THE AMOUNT OF CALCIUM IN MY DIET?

- Studies have shown that eating low-calcium diets can actually increase stone risk. Unless directed otherwise by your doctor, your diet should contain a normal amount of calcium—800 to 1200 mg a day.
- Calcium binds with oxalate in your intestines and they leave the body together. If you reduce your calcium intake, oxalate has no partner with which to leave the body. So it absorbs back into your system—leading to higher oxalate levels in your body, and possibly to the formation of calcium oxalate stones in the kidneys.

WHAT CHANGES SHOULD I MAKE TO MY EATING HABITS?

- Monitor protein and sodium amounts in your diet. Diets high in protein and sodium increase your body's acidity. To combat this, your body releases calcium from your bones into your bloodstream, which is eventually expressed into your urine.
- Limit alcohol and caffeine consumption. Both of these contribute to high calcium in urine as well as osteoporosis.
- Reduce your overall salt intake. As your kidneys work to remove salt from your body, they also remove calcium. This calcium is expressed in your urine.

HIGH-SALT FOODS

- Table salt (1 teaspoon provides about 2,000 mg of sodium)
- Seasonings that contain salt, such as celery salt, garlic salt, onion salt

- Sauerkraut, olives, pickles and relishes
- Canned soups not marked low sodium
- Breads and rolls with salted toppings
- Potato chips, corn chips, pretzels, saltines, salty crackers, salted popcorn
- Salty meats such as bacon, bologna, corned beef, hot dogs, ham
- Salty fish such as, anchovies, caviar, herring, sardines
- Processed cheese, cheese spreads, and cheeses like Roquefort, camembert, gorgonzola or parmesan
- Salted nuts
- Regular peanut butter
- Bouillon, catsup, chili sauces, monosodium glutamate, mustard, soy sauce, Worcestershire sauce
- Antacids containing sodium such as Alka Seltzer
- Baking soda toothpaste

ABOUT BOSTWICK LABORATORIES

Bostwick Laboratories® is a full-service reference laboratory specializing in uropathology.

Dr. David G. Bostwick and our staff of veteran pathologists are dedicated to the diagnosis, treatment and management of prostate cancer, kidney disease, cancer of the bladder and other urologic conditions.

These internationally-renowned board-certified pathologists use the most technologically advanced testing available to ensure accuracy.

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