



Cheers to healthy kidneys!

In honor of National Kidney Month, take a moment to learn how your choice of beverage can affect your risk of developing kidney stones.

1 in 10

adults will experience a kidney stone in their lifetime.



- ▶ Water is your best bet. Drinking extra water dilutes the substances in urine that lead to stones. Aim to drink enough fluids (roughly **eight 8-ounce glasses**) to produce 2 liters of urine daily!



- ▶ Consuming one or more sugary drinks per day is linked to an **increased risk** of stones?



Fruit punch
18%



Sugar-sweetened cola
23%



Sugar-sweetened noncola
33%

- ▶ Water is the best option, but these other beverages are also linked to a **decreased risk** of stones?



Beer
21%



Coffee
14%



Decaf coffee
14%



Orange juice
12%



Tea
14%



Wine
39%



Conclusion:

Today, drink an extra glass of water to help ensure good hydration and healthy kidneys. And share this info with anyone you know that suffers from kidney stones or could be at risk.

Sources:

1. Harvard Health Publications. 5 steps for preventing kidney stones. <http://www.health.harvard.edu/blog/5-steps-for-preventing-kidney-stones-201310046721>. Harvard Health Publications Web site. Published October 4, 2013. Accessed March 10, 2015.
2. Ferraro PM, Taylor EN, Gambaro G, et al. Soda and other beverages and the risk of kidney stones. *Clin J Am Soc Nephrol*. 2013;8(8):1389-1395.