

LIFESTYLE AND DIETARY HABITS IN UROLITHIASIS PATIENTS

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PLAN

Urolithiasis

Aim of the research

Methods

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Conclusion

References

UROLITHIASIS



- Urolithiasis is a disease that's common among the human population and its incidence gets higher year after year.
- While it can be diagnosed in routine controls with no apparent symptoms, it can cause discomfort to patients because of the urinary tract obstruction.
- It is known that metabolic disorders play a role in the development of urolithiasis but risk factors such as gender, ethnicity, diet and lifestyle shouldn't be ignored.

AIM OF THE STUDY



- Our aim in this study is to question the patients under the headings of lifestyle and dietary habits to better recognize these patients with the data obtained, and to compare the data with the control group.

METHODS

- In our study, patients diagnosed with urolithiasis and healthy volunteers to form the control group examined from various aspects under the headings of lifestyle and eating habits with a self-administered questionnaire.



UROLITHIASIS



RESULTS

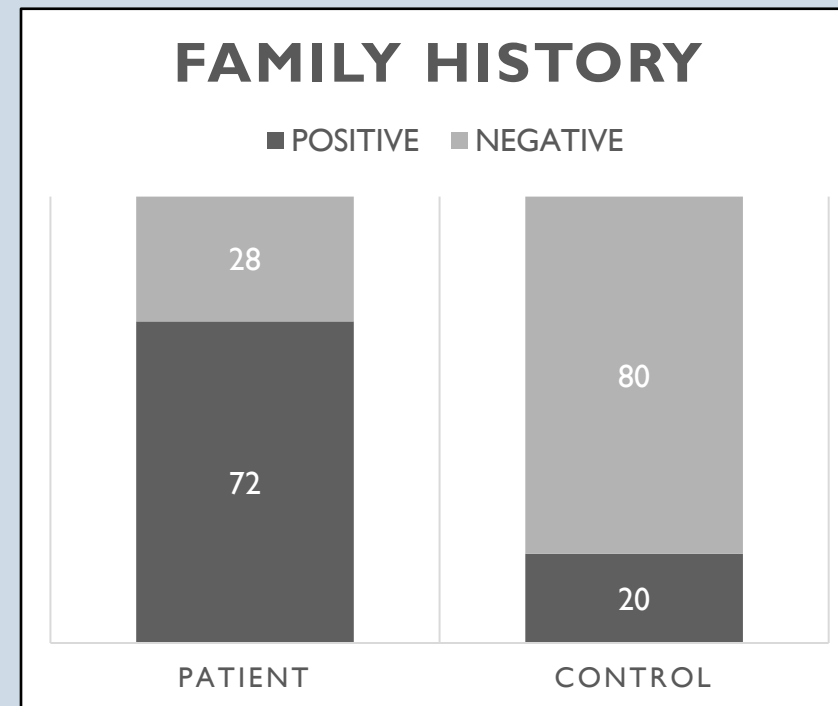


- **25 patients and 25 volunteers** who formed the control participated in our survey.

Average	PATIENTS	CONTROL GROUP
Age	46.1 (± 11.6)	44.9 (± 13.0)
Height	1.69	1.68
Weight	76.2 (± 13.9)	76.8 (± 16.0)
BMI	26.6 (± 4.3)	26.8 (± 4.4)

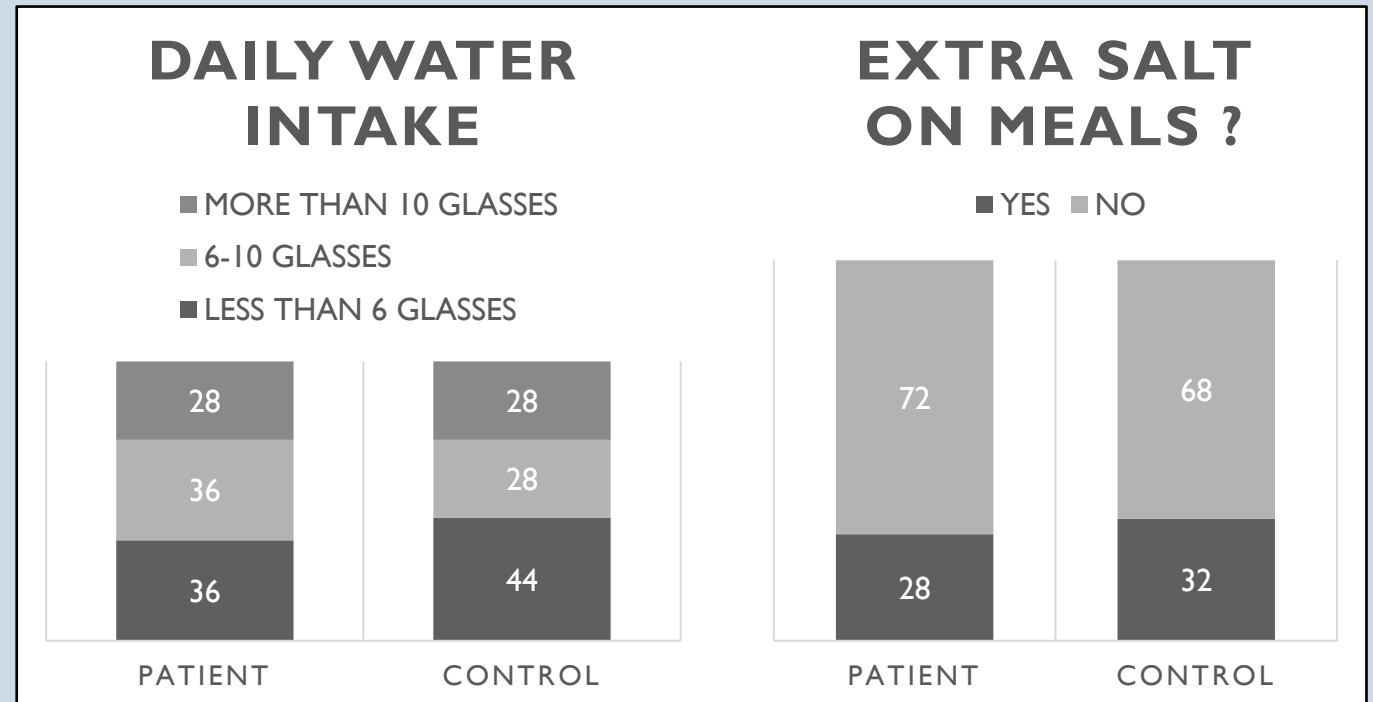
RESULTS

- 72% of patients had relatives diagnosed with kidney stones.
- Comparing the data between two groups, the rate of **having a positive family history of urolithiasis in the patient group was significantly higher compared to the control group ($p < 0.001$).**



RESULTS

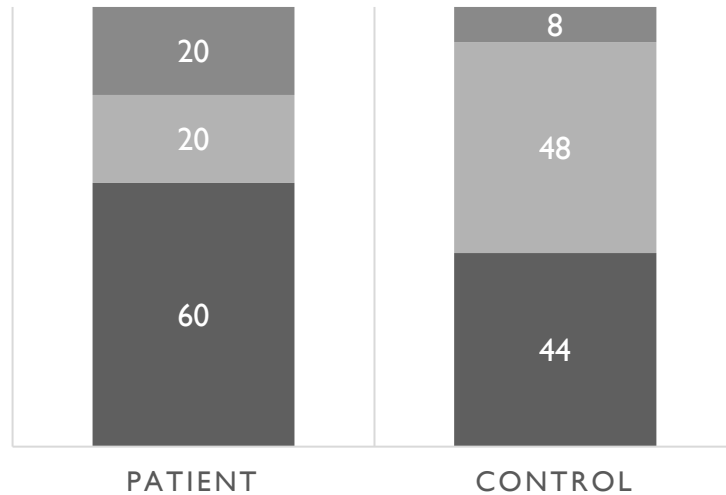
- Daily water consumption was below 1.5L for 36% of the patients
- 72% of the patients weren't using extra salt on their meal.
- There were no significant differences between the two groups comparing daily water intake ($p=0.799$) and extra salt usage ($p=0.758$).



RESULTS

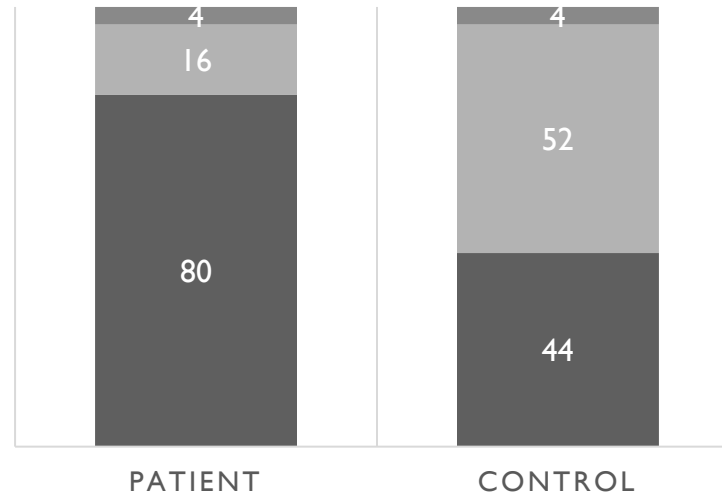
DAILY MEAT CONSUMPTION

- MORE THAN 150 GRAMS
- 70-150 GRAMS
- LESS THAN 70 GRAMS



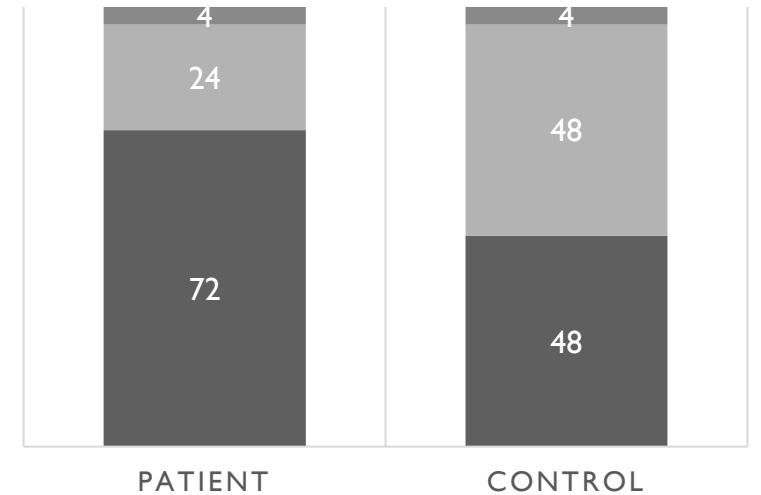
DAILY DAIRY CONSUMPTION

- 4 PORTIONS OR MORE
- 2-3 PORTIONS
- 1 PORTION OR LESS



DAILY FRUIT CONSUMPTION

- 4 PORTIONS OR MORE
- 2-3 PORTIONS
- 1 PORTION OR LESS

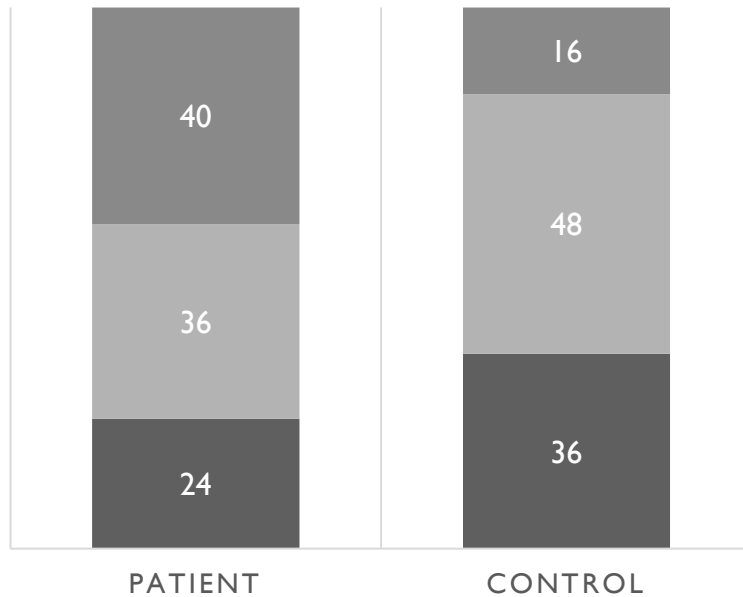


RESULTS



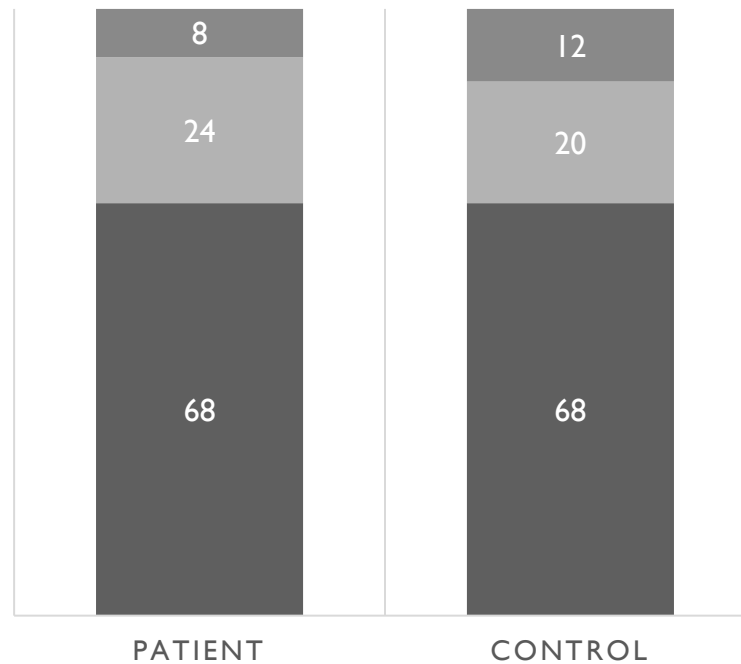
DAILY STEP COUNT

■ 3000 OR LESS ■ 3000-7000 ■ 7000 OR MORE



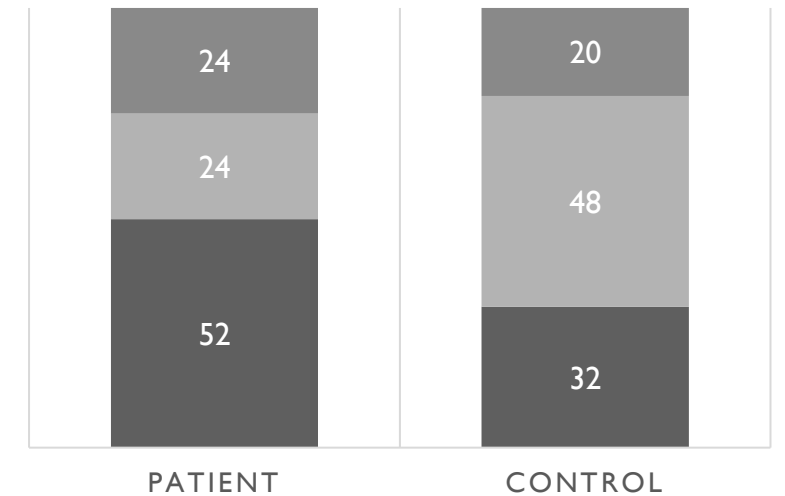
WEEKLY EXERCISE

■ I DAY OR LESS ■ 2-4 DAYS ■ EVERYDAY



JOB REQUIREMENTS

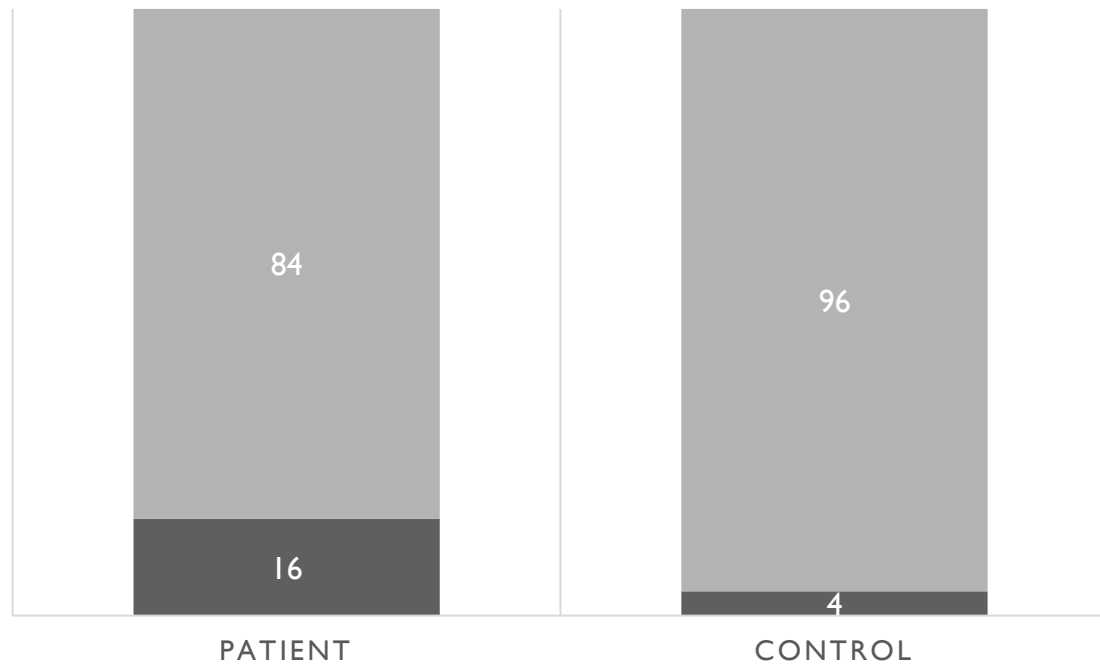
■ UNEMPLOYED
■ DESK JOB
■ JOB REQUIRES PHYSICAL ACTIVITY



RESULTS

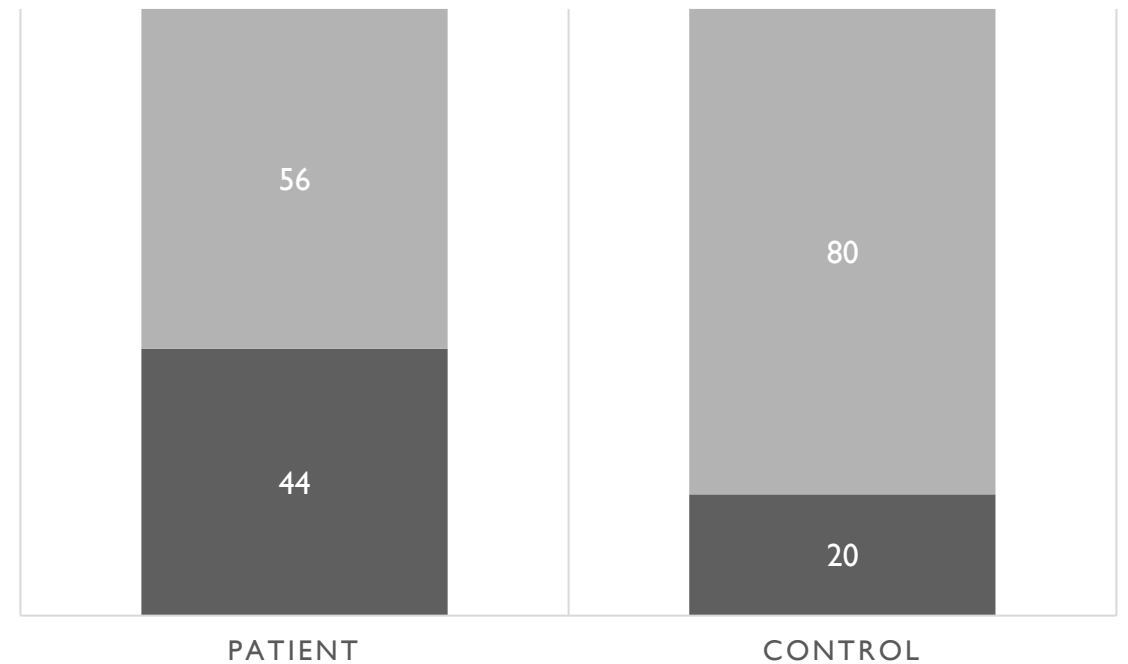
ALCOHOL USAGE

■ YES ■ NO



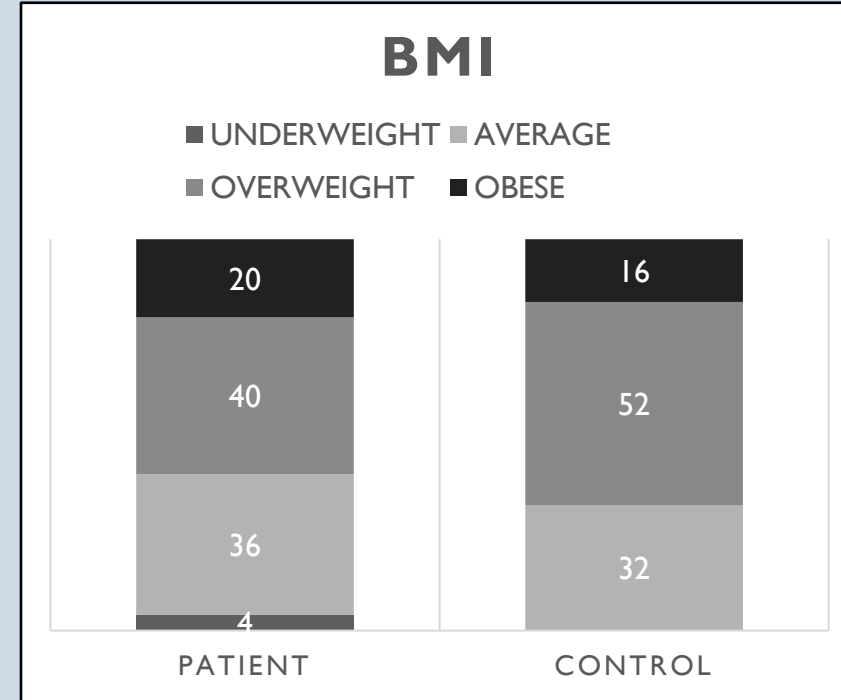
SMOKER ?

■ YES ■ NO



RESULTS

- While 40% of the patients were overweight and 20% of the patients were obese, there were no significant statistical differences comparing BMIs between these groups ($p=0.808$).



CONCLUSION



- Looking at the results, we couldn't find a significant difference between the patient and control groups in terms of eating habits and lifestyle.
- **However, a positive family history is an important risk factor according to our data.**

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