

a Cellmark Litholink Patient Resource Guide™

# Kidney Stones Can Be Prevented



**Litholink<sup>®</sup>Stone**

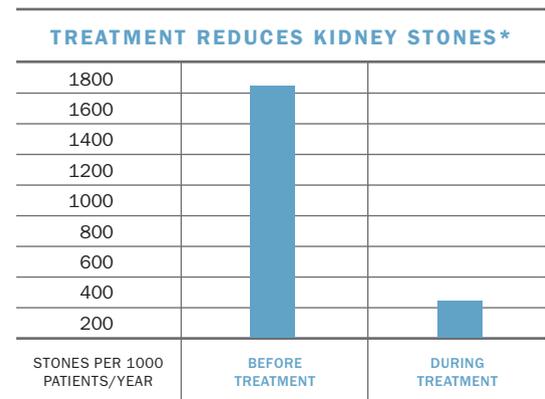
*Kidney Stone Prevention Program™*

One of the most painful disorders to afflict humans, kidney stones affect 16 million Americans and lead to expensive and unpleasant emergency room visits, hospitalizations, and procedures.

## About Litholink

**Litholink is the nation's leading kidney stone prevention service.**

Litholink was founded by Dr. Fredric L. Coe, a professor of medicine at the University of Chicago. Over the course of his career and through hundreds of research papers, Dr. Coe helped establish the standard of care in kidney stone prevention, chairing the Consensus Conference of the National Institutes of Health (NIH). Litholink was founded to bring Dr. Coe's life's work to doctors and their patients across the country. Litholink serves many of the country's leading urologists and academic medical centers.



*\*Adopted from: Parks JH, Coe FL. The Financial Effects of Kidney Stone Prevention. Kidney International, V.150 (1996).*

People who have had kidney stones are likely to get them again. Litholink will partner with your physician so you won't have to suffer through another stone.

## Frequently Asked Questions

### 1 Can kidney stones be prevented?

Yes, kidney stones can be prevented! During the last 30 years, treatment plans incorporating diet, fluids, and medications have been developed to prevent or stall the formation of new stones. The primary treatments have been proven in controlled clinical trials.

### 2 What causes kidney stones?

Kidney stones form when urine has too many crystal-forming chemicals and/or not enough substances that protect against crystal formation. If the crystals do not rapidly pass through the urinary tract, they can grow and form stones. When the volume of urine is too low, stone-forming materials become concentrated, helping to promote stones.

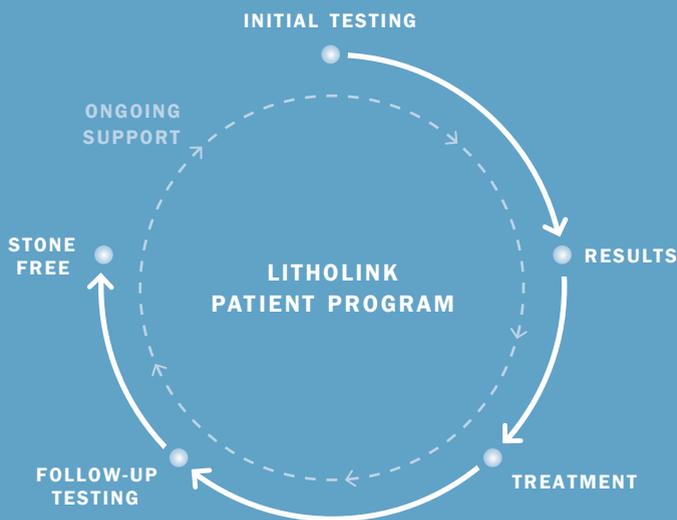
### 3 What did I do to cause my stones?

Genetics, diet, fluid intake, work environment, and even geographical location are all factors which may influence the formation of stones.

### 4 Why do I need a special laboratory for my urine chemistries?

Urine chemistries are difficult to measure accurately. Since many different chemicals are measured, and they all interact with each other, sophisticated computer programs are needed to calculate and display the results in a meaningful way.

# Connecting the Dots to Kidney Stone Prevention



## Ongoing Support

A Patient Care Representative will be assigned to you and we encourage you to call throughout the process with any questions regarding kidney stone disease and your preventative treatment plan.

## The Litholink Patient Program

The steps are simple:

### Initial Testing

You complete a simple at home urine collection. The samples we collect from you will provide an accurate picture of the way you live, eat, and drink from day to day.

### Results

Litholink then analyzes your urine to determine why you are making kidney stones and sends your physician a comprehensive report.

### Treatment

Based on your test results, your physician will prescribe a customized treatment plan that could include increased fluid, changes in your diet, and/or medications. It's very important that you follow the recommended treatment.

### Follow-up Testing

Follow-up testing is a critical step in the path towards stone prevention. Follow-up testing ensures that your treatment is working. Generally the first follow-up test is scheduled two months after beginning treatment. Since stone prevention is a process, and our body chemistries change as we age, annual follow-up testing is important to ensure your treatment plan is still working for you.

If you have any questions, please call us on **0800 043 1040**. Our **customer service team is here to help on Mondays from 8:30am –7:00pm and on Tuesdays - Fridays from 8:30am – 6:00pm**. You may also visit our website, [www.cellmark.co.uk/litholink/](http://www.cellmark.co.uk/litholink/) or contact us by email at [litholink@cellmark.co.uk](mailto:litholink@cellmark.co.uk)

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