

How can recurrence of kidney stones be prevented?

Kidney stones recurrence is common. This can be minimized by appropriate measures that can be advised only after studying the various tests.

Can Desi treatment help?

Many claims have been made of removal of stones with Desi medicines. For those who wish to try them we suggest to adopt it scientifically by assessment every two weeks and continue Desi medicines only if some progress is observed and there is no stress on the kidney. Single kidney patients and those at risk of kidney damage should not take the risk of trying slow treatment methods. In our opinion most stones larger than 4 to 6 mm require intervention.

Is conventional surgery still required for stones?

Only few patients may need open surgery.

Advantages and disadvantages of the various treatment methods

Comparison	Surgery	PCNL	ESWL
Procedure	Cut and remove stone	Remove stone with scopes	Remove stone with rays
Anesthesia	Yes	Sometime	Rare
Blood transfusion	Sometime	May be	No
Scar of cut	Yes	Minor	No
Pain	+++	++	+
Hospital stay	About a week	Few days	1 hours*
Return to work	In Months	In weeks	Same day
Procedure danger	+++	++	Negligible
Unfit patients	Not possible	May not possible	Possible & safe
Recurrent Stone	Preferably avoided	Preferably avoided	Treatment's choice
Complications	avoided	Preferably avoided	Negligible
Procedure	++	avoided	Negligible
	Rare	+	Nil
	Reluctant due to risk and	Very rare	Very well accepted

* May be needed for the basic disease.

What will it cost?

The cost of Lithotripsy treatment varies depending on the nature and type of the kidney stones.

We should think of surgery only when all other treatments fail. All surgery should be preserved for patients with crippling disease who do not respond to more conservative treatments and we should think of surgery only when all other safer treatments fail.

- Dr. Sibia



NO-SURGERY FACILITIES

- Prevent and Reverse Heart Disease:
 - Artery Clearance Therapy (ACT)
 - ACAM (USA) Protocol.
- External Counter Pulsation (ECP / EECF)
- FDA (USA) approved to create natural bypass.
- Heart blood flow mapping with Cardiovascular Cartography (CCG)
- FDA (USA) certified.
- Cardiac Rehabilitation / Lifestyle Clinic - Oral Chelation Therapy
- Remove Kidney Stone with rays
- Extracorporeal Shock Wave Lithotripsy (ESWL)
- Cytotron Arthritis Treatment
- Regenerate cartilage to avoid Knee replacement.
- Cytotron / RFQMR Cancer Treatment
- Arrest cancer growth without side effects.
- Legs pain / Peripheral Artery Disease
- ACT and ECP.
- Back pain treatment
- With Computerized Spinal Table.
- Detoxification and Anti-ageing
- Chelation Therapy, Nutrients and Life style management.
- Oxytherapy - Oxygen Bar and Ozone Therapy
- Enhance immunity for recurrent infections.
- Computerized ECG & Stress / Tread Mill Test
- Laboratory, X-Ray, Indoors.

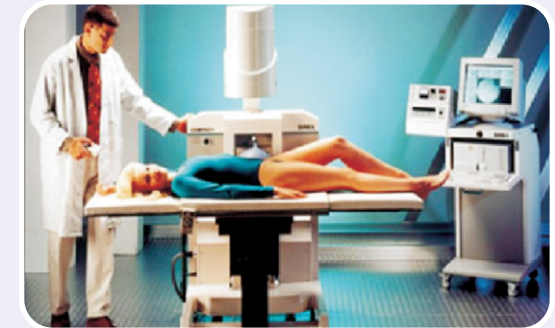


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REMOVE STONES WITH RAYS WITHOUT SURGERY



We succeed where other's fail.
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Caring from the Heart

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RAY'S THAT CURES

Kidney Stones, the most painful condition can now be treated with rays without surgery with Extra Corporeal Shock Wave Lithotripsy (ESWL)

What are Kidney Stones?

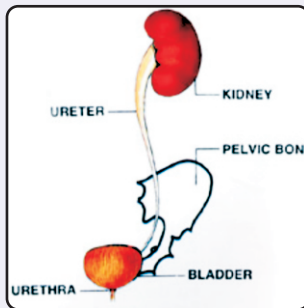
Kidney stones are a common and painful medical problem. Kidney stones are formed when salts in the urine precipitate and form solid material by deposits of mineral salts bound together by a protein matrix. Common components are Calcium, Oxalate, Magnesium, Ammonium, Phosphate and Uric acid.

What do kidney stones look like?

Kidney stones may be small or large and either smooth or jagged. They are usually yellow or brown.

Where are the stones present?

The stones may be in the Kidney, ureter or the urinary bladder.



What are the symptoms of kidney stones?

- * Pain
- * Blood in your urine
- * Fever and chills
- * Vomiting
- * Urine that smells bad or looks cloudy (pus in urine)
- * A burning feeling when you urinate

Is it a serious disease & what are its complications ?

Yes, it is a serious disease with many complications like pain, infection, kidney damage and kidney failure if timely treatment is not done.

Are kidney stones common in India?

Yes, kidney stones are very common in India and states of Jammu and Kashmir, Himachal Pradesh, Punjab,

Haryana, Rajasthan, Gujrat, Uttarkhand, and some parts of Uttar Pradesh fall in the global stone belt. This can be due to climatic reason and food habits.

What are the treatment options for kidney stones?

Stone disease management involves treatment of the existing stone and preventive measures against recurrences. Many small stones pass by themselves through the urinary tract with the urine however pain can be severe and require hospital admission and pain killer medicines. Many stones require open operation or endoscopic keyhole surgery.

Now a new invention, Extracorporeal Shock-wave Lithotripsy (ESWL) is available for effective treatment of kidney stones with little pain or discomfort using an intense beam of ultrasound to smash large kidney stones into small fragments and powder that can pass out in urine.

What is Extracorporeal Shock Wave Lithotripsy (ESWL)?



ESWL is an equipment to treat urinary stones with rays without surgery. During ESWL the stone is localized using an image intensifier and high frequency shock waves are focused onto the stone, which results

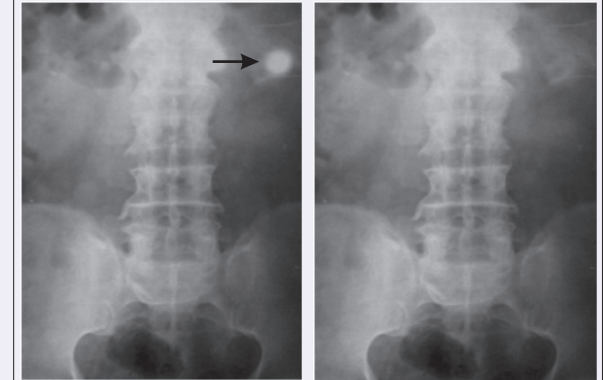
in its mechanical disintegration into small particles. The breaking up of the stones can be seen on the imaging system. The fragmented stone passes out in the urine. Number of treatment sessions depends on the size and location of the stone. Patients with single kidney and some large stones may temporarily require Double J Stent to be placed by a cystoscope that is latter removed.



What are the advantages of Lithotripsy?

- * No cut and no scars (as after surgery)
- * Safe - no anaesthesia
- * Age no bar - Safe even in children and elderly
- * No blood transfusion or AIDS risk
- * OPD walk-in walk-out treatment – Minimum work loss

- * In case of recurrent stones, treatment can be safely repeated
- * Comfortable - Most patients need nil or minimal sedation and pain killers (analgesics)
- * Life saving for patients unfit for surgery, single kidney patients etc.
- * Economical
- * Satisfactory – Patient can see stone passing out in urine and confirm its removal with check X-Ray



What test will be required before treatment?

Before treatment, blood and urine tests, X-rays KUB and IVP and ECG are done to determine the type of stone, function of the kidney as well as to ensure safety to the patient. Some patients may need other tests like Renal DPT scan, CT scan, MRI, etc.

What preparations are required before treatment?

A high liquid intake the night before the treatment and a mild laxative on the eve of procedure is recommended. Patient should come to the hospital on the morning of lithotripsy treatment empty stomach after an overnight fasting.

What will I feel during the treatment?

During the treatment, which is usually least painful, the patient can relax comfortably on the treatment table and talk to doctors and nurses. Appropriate medications will be provided in case of any discomfort.

How long does the treatment take?

The average treatment time is 20-40 minutes. Single small stones may take less time to clear and large or multiple stones will take longer and multiple treatment sessions.

Where all is Lithotripsy effective?

ESWL can usually remove stones from all parts of the urinary tract like – kidney, ureter and urinary bladder.