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STUDY OF ANALYSIS VARIOUS RISK FACTORS OF KIDNEY STONE (Nephrolithiasis) IN INDONESIAN COMMUNITY

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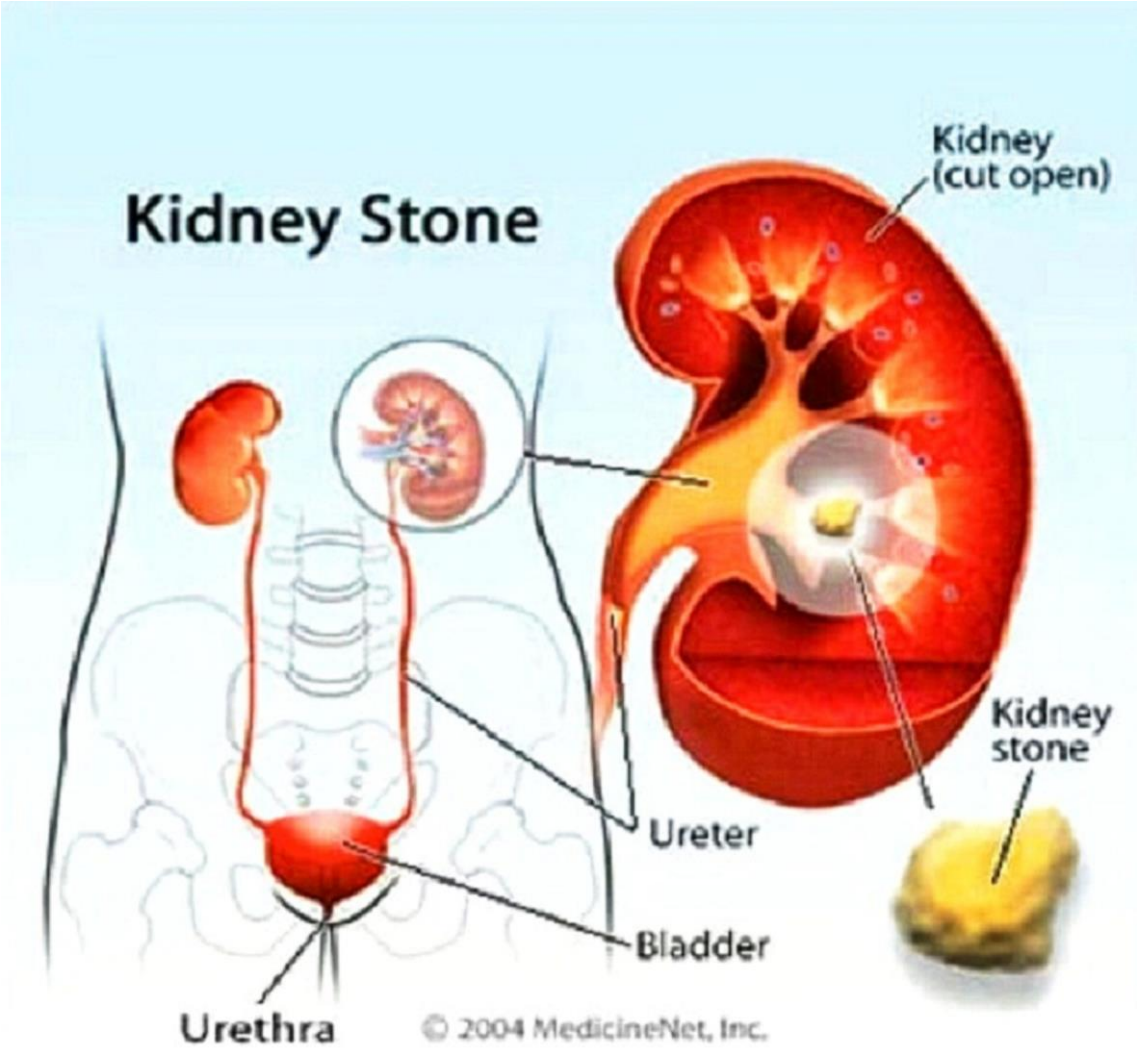
Objectives: Kidney stone or *Nephrolithiasis* is a condition where there are one or more hard deposits made of minerals and salts inside the the pelvis or calyces of the kidney. Kidney stone suffers in Indonesia are increasing every year. This study aimed to analyze various risk factors of kidney stone that occur in the Indonesian community.

Methods: This study used electronic data base as a methode by reviewing some previous article published in the last ten years, since 2008 to 2018.

Results: The results showed there are various risks factors of kidney stone formation that occur in Indonesian community, namely age, gender, high protein diet, consumption of high sources of animal protein, drinking water intakes and other bad habits that can increase the risk of kidney stone. Previous research explained that some bad habits has significant correlation on the probability of kidney stone, such as inadequate drink holding urinary habit, high protein diet, and sit too long while working. The gender and age factor also related to the incidence of kidney stone in Indonesia was two times higher in male rather than female with the ratio 2:1, occurred mostly in productive age. Consumption of proteins from animal source in large quantities also could increase the risk of kidney stone because it could decrease the citric quantity wich useful for avoid the formation of kidney stones in human body.

Conclusions: It is expected that community can do early prevention, such as do a low-calcium, oxalate, potassium diet, reduce consuming high animal protein, drink as much as 2 – 2.5 liters daily, and sit no more than 4 hours in the day to reduce the risk of kidney stone

Figure 1. Kidney Stone


Kidney Stone
Kidney (cut open)
Kidney stone
Ureter
Bladder
Urethra
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