

Kidney Stones

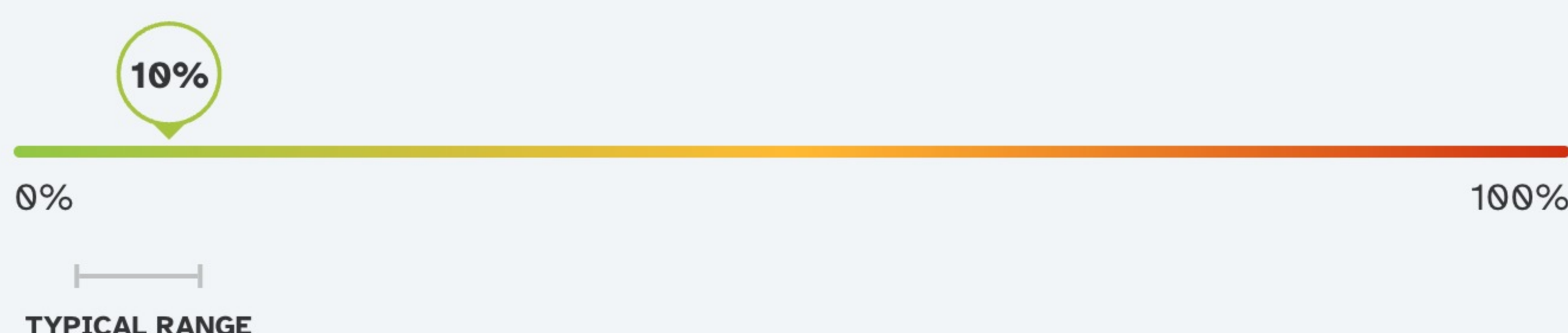
POWERED BY 23ANDME RESEARCH

Kidney stones are solid, pebble-like masses that form in the kidneys due to high levels of certain minerals in the urine. People with small kidney stones may not experience symptoms, while those with larger stones may have blood in their urine or experience pain. If not properly managed, serious cases of kidney stones can lead to infections and loss of kidney function.



Jamie, your genetic result is associated with a **typical likelihood** of developing kidney stones.

An estimated **10%** of people with genetics and other factors like yours develop kidney stones **by their 70s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Your overall likelihood of developing kidney stones also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing kidney stones.

- Stay hydrated by drinking plenty of water
- Maintain a healthy weight
- Limit consumption of meat and sodium
- Eat plenty of fruits and vegetables
- Make sure your diet contains the right amount of calcium

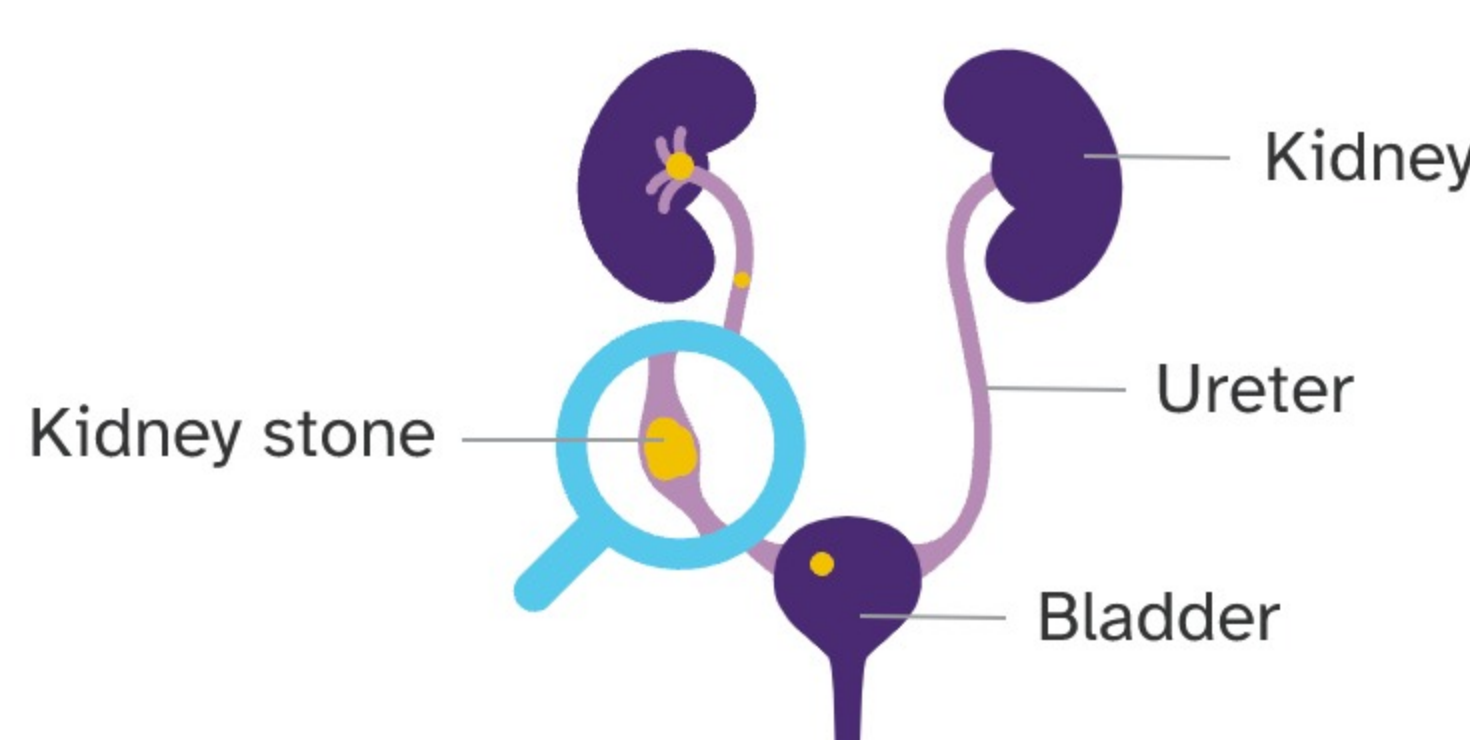


[Learn more from the National Kidney Foundation](#)

About kidney stones

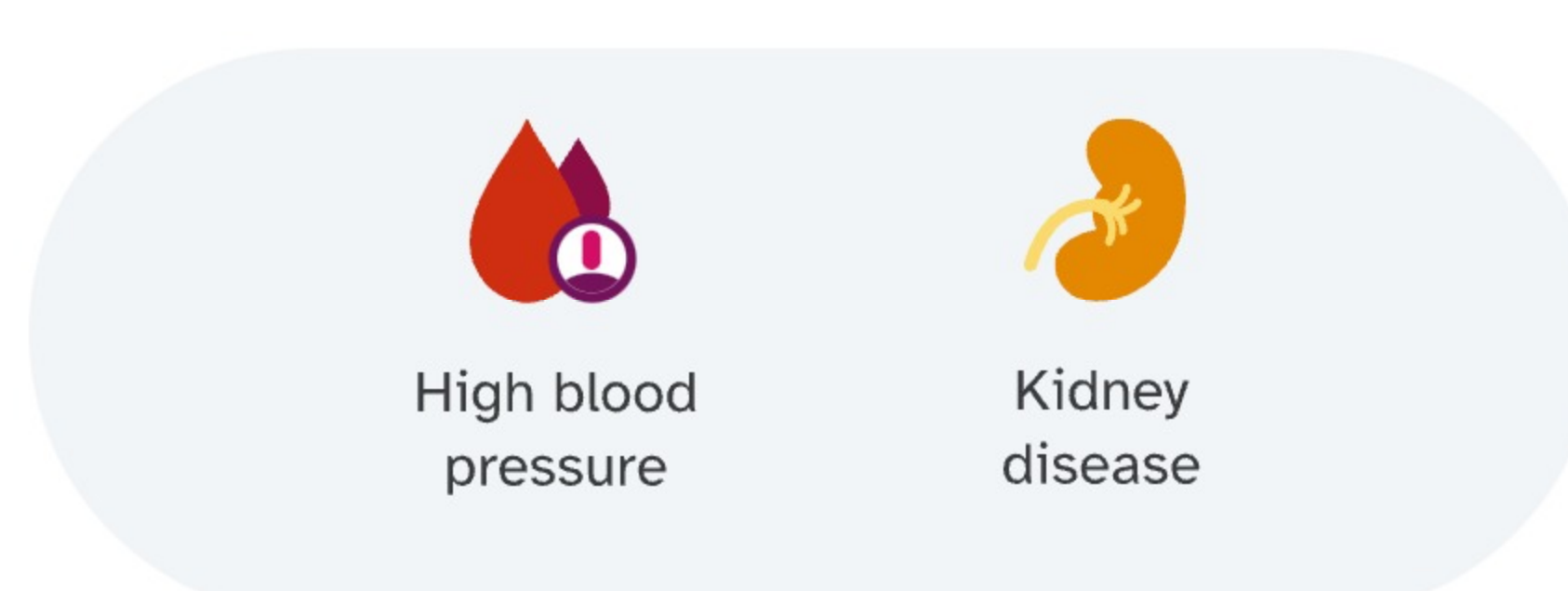
What are kidney stones?

Kidney stones are solid, pebble-like masses that form in the kidneys due to high levels of certain minerals in the urine. Kidney stones are classified into different types based on their mineral makeup. Levels of certain minerals can become elevated due to genetics and other factors like diet, certain health conditions, or infections. When these minerals reach a high concentration, they precipitate out of the urine and form solid clusters, called stones. If the stones become large enough, they can get stuck in the kidney itself or farther along the urinary tract, such as in the ureter or bladder.



How can kidney stones impact your health?

Kidney stones vary in size and shape and can have varying health impacts. Small stones are often passed in urine without problem, but large stones can get stuck in the urinary tract, block the flow of urine, and cause intense pain. Some people with kidney stones may also have blood in their urine or experience nausea, vomiting, or fever. For people who have had kidney stones, lifestyle modifications and other treatments, including medications, can help prevent the formation of future stones. If not properly managed, serious cases of kidney stones can lead to infections and loss of kidney function. Kidney stones are also associated with an increased risk for high blood pressure and chronic kidney disease.



Other factors that can impact your chances of developing kidney stones

It is estimated that around 10% of the general U.S. population have had kidney stones. Besides genetics, weight, and lifestyle, some factors that can increase a person's chances of developing kidney stones include:

- Age (kidney stones become more common as people get older)
- Family history
- Certain health conditions (such as high blood pressure, diabetes, and gout)
- Currently taking certain medications or supplements
- Living in hot climates (but staying hydrated can help)



Age



Family history



Certain health conditions



Certain medications



Hot climate

Keep in mind

This report **does not diagnose** kidney stones. **Consult with a healthcare professional** if you are concerned about your likelihood of developing kidney stones, have a personal or family history of kidney stones, or before making any major lifestyle changes.



If you have already been diagnosed with kidney stones by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing kidney stones also depends on **other factors**, including lifestyle, age, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing kidney stones.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



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