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## The Role Of The Body Weight In The Renal Stone

**Mehmet Arif İçer<sup>1</sup>, Makbule Gezmen-Karadağ<sup>2</sup>**

<sup>1</sup>Research Assistant, Gazi University, Faculty of Health Sciences, Department of Nutrition and Dietetics, 06500 Beşevler / ANKARA, TURKEY

<sup>2</sup>Associate Professor, Gazi University, Faculty of Health Sciences, Department of Nutrition and Dietetics, 06500 Beşevler / ANKARA, TURKEY

Since ancient times, humans have associated body weight increase with the emergence and severity of chronic diseases [1]. There are studies reporting that increased body mass index has increased the risk of stone formation in recent years [2,3]. It has been reported that increased body mass index increases the risk of calcium stone formation by increasing urinary calcium, oxalate and uric acid excretion [4]. It has also been reported that increased body mass index increases lithogenic activity by increasing endogenous oxalate production [5]. In addition, obesity is associated with insulin resistance, which is another possible mechanism for the risk of stone formation [6]. In a study by Abate et al. (2004) insulin resistance has been attributed to defects in the production of renal ammonium and to low urinary pH leading to uric acid accumulation [6]. In another study conducted with 527 patients with idiopathic calcium oxalate formation, 59.2% of males and 43.9% of females were obese [2]. In a study conducted by Curhan et al. (1998) using data obtained from two studies, the incidence of stone formation was directly related to body weight and body mass index [3]. In another study aiming to evaluate the relationship between obesity and kidney stone formation; the relationship between body weight gain and urinary sodium, calcium, magnesium, citrate, sulfate, phosphate, oxalate, uric acid and cystine was investigated. At the end of the study, increased body mass index was found to be associated with urinary creatinine, sodium, oxalate, uric acid and sulphate excretion which are a risk factor of stone formation [7]. As a result, increased body mass index with many different mechanisms may increase the risk of stone formation. However, it is necessary to increase the work done in order to reach definite jurisdiction and to fully reveal the mechanisms.

### Biography:

Mehmet Arif İÇER was born in Turkey in 1990. He has successfully completed the department of nutrition and dietetics at Erciyes University. He is continuing his graduate education at Gazi University. He worked at various international congresses. He has published a different poster report called "Kidney Stone Formation: Cranberry Fruit", "Can Bitter Melon be Used in the Treatment of Diabetes Mellitus?", "In The Role of Caffeine Intake in Kidney Stone Formation", "the role of vegetable / fruit consumption in kidney stone formation".

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