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## **HIGH TECH TREATMENT FOR KIDNEY STONES AT BETH ISRAEL**

Making waves at Beth Israel Medical Center - Kings Highway Division (KHD) is the latest way to get rid of kidney stones that cannot pass through the urinary tract. Extracorporeal Shock Wave Lithotripsy, or ESWL, is a non-invasive procedure that breaks up kidney stones.

In collaboration with Gramercy Urology Solutions, P.C., an accredited provider of lithotripsy services, Beth Israel offers the newest state-of-the art lithotripter (stone crusher) without the need for general anesthesia.

“In ESWL, shock waves produced outside the body travel through the skin until they reach the stones. Energy from the waves breaks the stones into smaller pieces that can easily come out in urine,” explained Stephen Teitelbaum, MD, KHD Chief of Urology. “There is little or no discomfort following the procedure. Recovery time is short and people can return to their usual activities within a few days.”

People can have kidney stones and not know it. Many stones do not cause any symptoms; most are able to pass uneventfully through the urinary system.

“When a stone causes an obstruction, pain will generally be sudden in onset and severe. The pain may be located in either the left or right flank and may radiate or move toward the lower abdomen. Heredity, diet and lifestyle are some of the factors that can cause kidney stones to form. Diagnosis can be made by X-ray, CT scan or sonogram,” said Dr. Teitelbaum.

Kidneys work as filters, cleansing blood pumped by the heart. Normally, kidneys maintain a chemical balance that prevents minerals from crystallizing. But when the system does not work properly, stones can form ... and when these get too large to pass through the ureter, the tube that transports urine to the bladder, the stones can cause blockage, acute pain, difficulty with urination, blood in the urine and sometimes, an infection.

Most kidney stones may be expelled spontaneously by drinking plenty of fluids, which is also the best way to prevent a recurrence. Some stones can be treated medically or with dietary changes.

“Patients at Beth Israel also benefit from the Holmium laser, which vaporizes urinary stones using light energy transmitted through an endoscope. Occasionally, very large stones that cannot be safely broken up by shock waves require surgery through a small opening in the flank,” noted Dr. Teitelbaum.

For more information about treatment for kidney stones, please call 718-951-2864.