

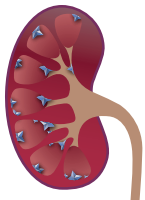
Primary hyperoxaluria (PH) and your kidneys

» **PH is a rare liver disease that causes kidney stones.** It happens because your liver does not make enough of a certain protein that breaks down certain chemicals. This means that oxalate, a natural chemical in your body and in some foods, builds up and harms your body.

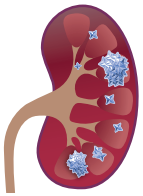
PH can cause kidney stones, kidney disease, and more serious health problems

1 When there is too much oxalate in your body, it combines with calcium in your kidneys to form **calcium oxalate crystals**.

Calcium oxalate crystals damage your kidneys in 2 ways:



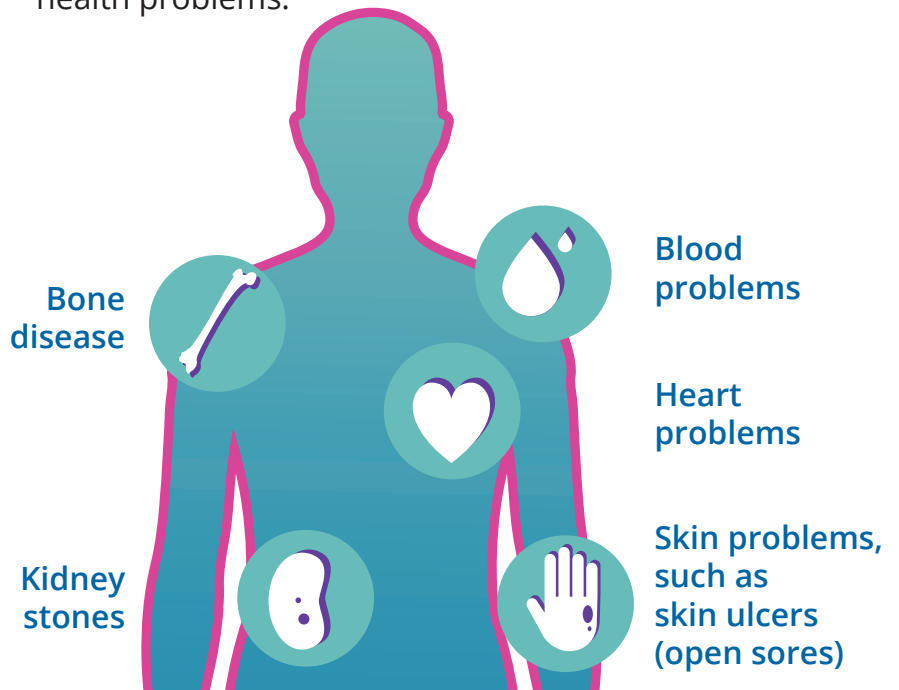
The crystals build up in your kidneys and damage them



The crystals clump together to form kidney stones

2 Over time, kidney stones and crystals cause kidney disease (permanent damage). Your kidneys may even stop working, which is called kidney failure.

3 When your kidneys fail, they can no longer remove oxalate, and it builds up in other parts of your body. This is called **oxalosis**, and it can cause more serious health problems:



Ways to manage PH and slow kidney damage



Take medicines as prescribed



Drink enough fluids



Follow a healthy meal plan that avoids foods high in oxalate

Kidney stones are often the earliest sign of PH.

Symptoms of kidney stones include:

- Pain while urinating
- Sharp pain in your back or lower belly
- Blood in your urine (pee)
- Feeling sick to your stomach or throwing up

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