

NEPHROLOGY - I**NEPHROLITHIASIS**

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Abstract: *Nephrolithiasis or kidney stones are being increasingly recognised in children over the last few decades. The etiology is multifactorial, but underlying metabolic disorders are the most common cause in children, warranting thorough evaluation. The clinical presentation is highly variable and ultrasound is the imaging modality of choice owing to its safety and availability. Careful identification of risk factors and modification, of them either through dietary changes or pharmacological interventions, form the mainstay of therapy. The goal should be appropriate treatment and diligent surveillance to prevent progression to chronic kidney disease. This review discusses the key aspects of nephrolithiasis in children.*

Keywords: *Nephrolithiasis, Nephrocalcinosis, Children, Renal stones, Hypercalciuria.*

Points to Remember

- *Underlying metabolic abnormalities are the most important causes of pediatric nephrolithiasis, with predominantly hypercalciuria contributing to 70-80% of cases.*
- *Clinical presentation is widely variable from asymptomatic presentation to chronic kidney disease.*
- *Extensive metabolic workup with urine and blood parameters is mandatory in childhood nephrolithiasis.*
- *Dietary interventions and medical management with closed surveillance can help prevent stone formation and recurrences.*
- *Symptomatic children or those with failed medical therapy will require definitive surgical management.*

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