Kidney stones are formed to develop in nearly one in every ten Americans. Often, this results in severe pain and a trip to the emergency room, leading to missed work and high healthcare expenditures. The rate of kidney stone occurrences has risen in recent years, and as a result, the economic impact of kidney stones—direct treatment and indirect costs from lost worker productivity—has exceeded $5 billion annually. But the Yale Stone Team believes kidney stones can be a preventable disease.

“We believe failure of patients to prevent stones is not only due to a lack of implementation of standard hydration and diet recommendations, but rather a lack of education and identification of individualized risk factors for stones,” suggested Dr. Dinesh Singh, Assistant Professor, Urology and Director, Endourology and Laparoscopy.

Dr. Singh and the other members of Yale’s stone team deploy a collaborative and proactive approach to treatment. Urology, nephrology, and nutrition experts work together to help patients with treatment, teaching them how to manage their existing stones and providing strategies to reduce the risk of future kidney stone development. Once one stone has formed, odds increase to 50-50 that another will develop within the next ten years. Dr. Singh and his team are working to make that probability more favorable to the patient.

When patients arrive for their appointment, it is a “one-stop shop” according to Dr. Singh. They meet with physicians representing each aspect of the clinic team, receiving a unified, but unique message from each physician based on their specialty. The urologists, Drs. Dinesh Singh and Piruz Motamedenia, Assistant Professor of Urology, use innovative, low radiation technology and be surgically state-of-the-art.”

The collaborative efforts led by the Yale Stone Disease Team and the Stone Research Team have moved Yale to the forefront of stone disease diagnosis and treatment. And as a result, patients are the benefactors. “They truly become our patients,” said Dr. Singh. “We are shepherds of their stones and it is our duty to provide the latest in technology and be surgically state-of-the-art.”