



Can certain beverages help prevent kidney stones?



- The NMCSU Urology department is conducting a research study to see if drinking certain beverages consistently can raise one's citrate levels.
- Higher urinary citrate levels have been shown to reduce one's likelihood for developing kidney stones.

If you are interested
in participating,
contact Nicole
DeFord at
(619) 532-7226

You may be eligible to participate if you:

- Are between the ages of 18-65
- Have no history of kidney stones or chronic kidney disease
- Have no history of peptic ulcers or gastroparesis
- Have no history of diabetes
- Are not currently pregnant

