

Barayuga, L.J. (2011). Diet and lifestyle of clients with nephrolithiasis. Lorma Colleges, City of San Fernando, La Union.

*Key Words : Diet, Lifestyle, Nephrolithiasis*

### **Abstract**

This study determined the diet and lifestyle of clients with kidney stone among residents in twenty three (23) barangays of San Fernando City, La Union for the calendar year 2010-2011. The method used in this research was descriptive design. Questionnaire was used to gather data in the study and weighted mean was utilized to treat and analyze the data gathered.

The following conclusions were drawn: (1) The respondents engaged in drinking liquid foods and eating solid foods which were conducive to the recurrence of kidney stones, (2) The respondents are predisposed to kidney stone recurrence, (3) The respondents engrossed in lifestyle activities that promote the formation and increase in pain of kidney stones, (4) The respondents exerted less effort in the prevention of kidney stones while still engage in lifestyle activities which promote the formation of kidney stones.

The recommendations of this study are conceptualized as follows: (1) A more aggressive information campaign on kidney stone awareness, its causes, dietary prevention, and physical exercise like the IEC made by the researcher as a recommendation, should be disseminated especially by the Local Government Units with the aid of health institutions and non profit organizations, (2) Diet and lifestyle modification on prevention of kidney stones should not only be urged among patients with kidney stones but must also be encouraged among healthy individuals, families, community and health care providers in health centers and the hospital, (3) Health care professionals should integrate and ensure that information regarding kidney stone prevention should be communicated between hospital-based, primary care rehabilitation services and community.