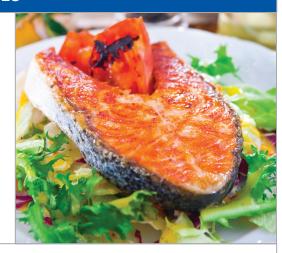
PATIENT INFORMATION SERIES

Oxalate&Calcium

IN YOUR DIET

Your kidney stone analysis and/or UroMax24 test results may have revealed high levels of oxalate and calcium. 80% of kidney stones are made of oxalate and calcium. This flyer will answer some of your questions on how to safely reduce these levels.



WHAT IS OXALATE?

- Oxalate is a waste product made by the body and has no function in humans.
- It is a chemical found in a variety of plants.

WHY DO DIFFERENT INTERNET SITES LIST DIFFERENT LEVELS OF OXALATE CONTENT IN CERTAIN FRUITS AND VEGETABLES?

Different factors affect oxalate levels in food:

- · Time of year
- · Growing conditions of the plants

IF MY STONES ARE OXALATE AND CALCIUM, SHOULD I CUT BACK ON MY DAIRY INTAKE TOO?

No. Your diet should have between 800 and 1,200 milligrams of calcium per day.

- Studies have shown that, contrary to what you might think, low-calcium diets will increase calcium oxalate stone risk.
- Oxalate and calcium bind together in your intestine and leave the body together. If you reduce your calcium intake, oxalate has no partner with which to leave the body. So it absorbs back into your system leading to higher oxalate levels in your body.

WILL LIMITING MY FAT INTAKE ALSO HELP LOWER MY OXALATE LEVEL?

Excess fat binds with calcium in food, thus leaving oxalate by itself to be reabsorbed by the colon and back into the blood stream. If too much oxalate is absorbed, it will combine with calcium in the kidney and can lead to calcium oxalate stones.

WHAT CAN I DO TO INCREASE MY DIETARY CALCIUM IF I'M LACTOSE INTOLERANT?

While dairy products are important sources of calcium, someone who is lactose intolerant can get calcium from sources other than dairy products:

Beans	Navel orange	Carrots
Dried figs	Raisins	Kelp
Orange Juice	Broccoli	Papaya
Collards	Chick peas	Molasses

Tofu Acorn squash Kale Beet greens

ABOUT BOSTWICK LABORATORIES

Bostwick Laboratories® is a full-service reference laboratory specializing in uropathology.

Dr. David G. Bostwick and our staff of veteran pathologists are dedicated to the diagnosis, treatment and management of prostate cancer, kidney disease, cancer of the bladder and other urologic conditions.

These internationally-renowned board-certified pathologists use the most technologically advanced testing available to ensure accuracy.

Our quick turnaround on reports affords you and your doctor the time you need to choose the best course of treatment.



HIGH-OXALATE FOODS (Avoid or eat only in small amounts. **MODERATE-OXALATE FOODS LOW-OXALATE FOODS** Drink plenty of water before and (Eat as often as you like.) (Eat 3-5 times each week.) after eating these foods.) Buttermilk **Apricots** Chocolate Lemonade Black currants Chocolate milk, hot cocoa Milk Cherries **Apricots** Cranberry juice Berries of all kinds Black currants Orange (fruit or juice) Currants **Peaches** Cherries Fruit cocktail Pears Lemon, lime and orange peels Cranberry juice Grape juice Pineapple Marmalade Orange (fruit or juice) Prunes Purple grapes **Peaches** Purple Plums Rhubarb Pears Jelly or jam made with these fruits **Tangerine** Pineapple Asparagus Juices from these fruits **Prunes** Broccoli **Beans** Purple Plums Carrots Beets and beet greens Jelly or jam made with these fruits Corn Celery Cucumbers Avocado Green peas (canned) Cabbage Lettuce Eggplant Cauliflower Lima beans Green peppers **Parsnips** Greens of all kinds Mushrooms Onions **Tomatoes** Kale Peas **Turnips** Leeks **Potatoes** Sardines Okra Radishes Cornbread Parsley Beef, lamb or pork Sponge cake Rutabagas Spinach Cheese Spaghetti or tomato sauce Eggs Summer squash Fish Poultry Swiss chard Cereals Watercress Macaroni Tomato soup **Noodles** Vegetable soup Amaranth Rice Spaghetti Fruitcake Bacon Grits Butter Soybean products Margarine Sweet potatoes Wheat germ and bran Mayonnaise Salad Dressing Peanut butter Vegetable oils Tofu Salt Nuts Sugar or sweeteners Sesame seeds



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