#NephJC transcript

Healthcare Social Media Transcript

From: Wed Jun 10 11:00:00 PDT 2015
To: Wed Jun 10 14:00:00 PDT 2015

change time period

What is #NephJC? Who were the influencers during this time period? #NephJC analytics

Healthcare Conference - Healthcare Tweet Chats - Healthcare Analytics

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**nephjc**

Less than 1 hour to next #nephjc on kidney stones Details at http://t.co/n68IQiKuEx
Wed Jun 10 11:04:44 PDT 2015

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**dvdrry**

En 1h empieza el siguiente "journal club" #nephjc, hoy analiza las ultimas guías sobre litiasis recurrentes de la ACP http://t.co/zpr0Eva7g9
Wed Jun 10 11:08:58 PDT 2015

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**hswapnil**

@NephJC also useful is Joel @kidney_boy blog post here: http://t.co/Fcq6K8aCNk #NephJC @ACPInternists vs @AmerUrological
Wed Jun 10 11:10:30 PDT 2015

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**nephjc**

RT @hswapnil: @NephJC also useful is Joel @kidney_boy blog post here: http://t.co/Fcq6K8aCNk #NephJC @ACPInternists vs @AmerUrological
Wed Jun 10 11:12:29 PDT 2015

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**nephrology_rmch**

RT @NephJC: Less than 1 hour to next #nephjc on kidney stones Details at http://t.co/n68IQiKuEx

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**dvdrry**

Far from being an expert on the subject, so I expect to learn a lot about tonight's kidney stones #nephjc I'm already making my own opinions
Wed Jun 10 11:20:33 PDT 2015

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nephjc 30 mins to #nephjc. We'll discuss ACP guideline: if u want to see how CPGs should be, take a look at those made in EU http://t.co/1KOjN7swOI

hswapnil RT @NephJC: 30 mins to #nephjc. We'll discuss ACP guideline: if u want to see how CPGs should be, take a look at those made in EU http://t.
Wed Jun 10 11:34:54 PDT 2015

dvdrry RT @NephJC: 30 mins to #nephjc. We'll discuss ACP guideline: if u want to see how CPGs should be, take a look at those made in EU http://t.

hswapnil Hey @weddelite have you seen the @Uroweb stone g/l? Look good http://t.co/U3Yrv2u9d8 pg 36 onwards #nephjc http://t.co/Zu9cSNtw3L
Wed Jun 10 11:44:15 PDT 2015

nephjc - 15 mins to #nephjc https://t.co/ZZpcGsFDnK

rednephron RT @hswapnil: Hey @weddelite have you seen the @Uroweb stone g/l? Look good http://t.co/U3Yrv2u9d8 pg 36 onwards #nephjc http://t.co/Zu9cS...
Wed Jun 10 11:45:53 PDT 2015

sabagh Abed RT @NephJC: - 15 mins to #nephjc https://t.co/ZZpcGsFDnK
Wed Jun 10 11:46:06 PDT 2015

nephjc Welcome to tonight GMT #nephjc. We will discuss ACP clinical practice guidelines for the prevention of kidney stones #nephjc

nephjc @NephJC in 10 minutes #nephjc
Wed Jun 10 11:51:57 PDT 2015

ojwiseman #nephjc looking forward to a nephrologists take on kidney stone medical management. COI: director Uroscreen ltd.

nephjc @OJWiseman Welcome Oliver, we will start our discussion in about 5 minutes #nephjc

nephjc Ok it's #nephjc time. Tonight we will discuss ACP clinical practice guidelines for the prevention of kidney stones
Wed Jun 10 12:00:03 PDT 2015

nephjc

This is @caioqualunque hosting tonight EU/Africa #NephJC. This will be a 1 hour live chat #nephjc
Wed Jun 10 12:00:15 PDT 2015

nephjc

Our team recommends using http://t.co/SEeRXFHE9J or TChat.io. Anyway, don't forget to add the hashtag #nephjc in all your tweets
Wed Jun 10 12:00:36 PDT 2015

soph_cash

FAQ urologists #nephjc debate on stones tonight, may help answer ques on medical management @BAUSurology @SURG_UK @JCUrology @BJUIjournal
Wed Jun 10 12:00:50 PDT 2015

nephjc

Here's tonight #NephJC paperht http://t.co/h0kHPAW5Dy and here is an intro: http://t.co/nb2kPvRXHA
Wed Jun 10 12:01:03 PDT 2015

nephjc

Please, even if u are just lurking, introduce yourself and declare any conflict of interest (COI) #Nephjc
Wed Jun 10 12:01:31 PDT 2015

dvdrry

#nephjc David Arroyo, nephrologist from Spain, no COI to declare
Wed Jun 10 12:02:19 PDT 2015

nephjc

Hey Sophia, awesome we have another urologist joining in #nephjc
Wed Jun 10 12:02:36 PDT 2015

nephjc

@vdrry Hi, David #nephjc
Wed Jun 10 12:02:55 PDT 2015

rabpeel

@rabpeel lurking declaration, I haven't had time to read the! paper! #nephjc
Wed Jun 10 12:02:59 PDT 2015

hswapnil

Swapnil Hiremath, nephrologist Ottawa. will be in and out (Hope GMT overtakes this one) #nephjc
Wed Jun 10 12:03:14 PDT 2015

spiros100

Spiros Arampatzis, nephrologist Bern-CH, no COI #nephjc
Wed Jun 10 12:03:39 PDT 2015

nephjc

Hi, @rabpeel it's a quite short paper. #nephjc
Wed Jun 10 12:03:56 PDT 2015

nephjc

and welcome to @hswapnil and @spiros100 #nephjc
koechkm
Mathew Koech, Tygerberg Hospital/Stellenbosch University, Cape Town. No COI. Happy to be here @NephJC #nephjc
Wed Jun 10 12:04:59 PDT 2015

hswapnil
@KoechKM Nice to see you made it "in time" this time. Welcome #nephjc
Wed Jun 10 12:05:56 PDT 2015

nephjc
@KoechKM welcome back to #nephjc. A short marathon tonight? #nephjc
Wed Jun 10 12:06:20 PDT 2015

nephjc
For this #NephJC there are 3 topics we want to discuss: please preface your tweets with the topic: i.e. T0, T1 and so on
Wed Jun 10 12:07:08 PDT 2015

nephjc
Before moving to the real article: Is there a stone clinic in your unit? Do you believe in stone prevention? #nephjc
Wed Jun 10 12:07:50 PDT 2015

dvdrry
#nephjc No stone clinic here... stones managed indifferently by nephs and/or urologists. And I AM a believer (in stone prevention)
Wed Jun 10 12:09:06 PDT 2015

rabpeel
@NephJC get to see some but have a new urologist who seems quite stone savvy. might develop #nephjc
Wed Jun 10 12:09:26 PDT 2015

ojwiseman
@NephJC yes. Stone clinic and metabolic stone clinic with nephrology Biochem and urology here in Camb UK. Strong believer!! #nephjc
Wed Jun 10 12:09:56 PDT 2015

dvdrry
#nephjc Seems I'm surrounded by quite many non-believers: so much more field for me to grow! LoL

hswapnil
no formal stone clinic. all this discussion and @weddellite makes me want to have one. #nephjc
Wed Jun 10 12:10:52 PDT 2015

spiros100
Yes we Do; dedicated stone clinic and metabolic unit with CH-stone registry among all Uni Clinics #nephjc
Wed Jun 10 12:10:52 PDT 2015
nephjc

I want to declare my main COI: I am a stone former, so I believe in prevention too #nephjc

nephjc

T0: Should guidelines be useful? Do you find ACP guidelines? #nephjc

sabaghabed

RT @NephJC: T0: Should guidelines be useful? Do you find ACP guidelines? #nephjc
Wed Jun 10 12:12:55 PDT 2015

dvdrry

#nephjc T0 Guidelines should be useful, they aren't usually tho... And this seems to be quite UNuseful... :S
Wed Jun 10 12:13:00 PDT 2015

hswapnil

@NephJC you will enjoy this one then: http://t.co/JlKZ148H78 (by another stone forming nephron) #nephjc

rabpeel

@NephJC they should help, but these don't seem to flow logically, very bitty #nephjc

ojwiseman

@NephJC not read ACP guidelines. As urologist we have EAU and AUA guidelines on medical stone management. V comprehensive. #nephjc

koechkm

@NephJC Guidelines are useful in my view. I found the ACP guidelines useful. I haven't read the AUA's #nephjc
Wed Jun 10 12:14:10 PDT 2015

spiros100

U can not write guidelines about Mi without a cardiologist but it seems possible to do so for stone without an urologist #nephjc
Wed Jun 10 12:14:56 PDT 2015

sabaghabed

RT @NephJC: I want to declare my main COI: I am a stone former, so I believe in prevention too #nephjc

nephjc

@KoechKM what is really useful in ACP guideline? #nephjc
Wed Jun 10 12:15:30 PDT 2015

dvdrry

RT @spiros100: U can not write guidelines about Mi without a cardiologist but it seems possible to do so for stone without an urologist #nephjc
Wed Jun 10 12:15:31 PDT 2015

T0: "Guidelines--for the obedience of fools and the guidance of wise men?" from
hswapnil

http://t.co/Rq4StQhLbx (not Chinese Proverb, sadly) #nephjc
Wed Jun 10 12:16:07 PDT 2015

spiros100

the guidelines should be there to help not to confuse. But some "stoned" guidelines are good for discussion and debates #nephjc
Wed Jun 10 12:17:03 PDT 2015

nephjc

The main issue is about EBM and clinical practice. Should we believe in expert opinions when evidence is lacking? #nephjc
Wed Jun 10 12:17:06 PDT 2015

dvdrry

RT @hswapnil: T0: "Guidelines--for the obedience of fools and the guidance of wise men?" from http://t.co/Rq4StQhLbx (not Chinese Proverb, …
Wed Jun 10 12:17:06 PDT 2015

dr_rpm

RT @soph_cash: FAO urologists #nephjc debate on stones tonight,may help answer ques on medical management @BAUSurology @SURG_UK @JCUrology …
Wed Jun 10 12:18:10 PDT 2015

spiros100

Lotan reviewed the results of the castigated the “stone community” for the field’s stagnation. #nephjc

isu_urology

RT @soph_cash: FAO urologists #nephjc debate on stones tonight,may help answer ques on medical management @BAUSurology @SURG_UK @JCUrology …

nephjc

Let's move to stone prevention. T0: patient evaluation #nephjc
Wed Jun 10 12:18:54 PDT 2015

koechkm

T0: @NephJC I found the evidence review quite comprehensive. In the end the interventions are quite simple and reasonably affordable #nephjc
Wed Jun 10 12:19:04 PDT 2015

dvdrry

#nephjc main problem with guidelines: assuming that absence of evidence is negative evidence
Wed Jun 10 12:19:35 PDT 2015

ojwiseman

@NephJC if no ebm expert opinion is better than average joe's / non expert opinion #nephjc
Wed Jun 10 12:19:52 PDT 2015

hswapnil

excellent point: need more data MT @spiros100: Lotan r'vd the results & castigated the “stone community” for field’s stagnation. #nephjc
Wed Jun 10 12:20:11 PDT 2015
koechkm

@NephJC Whenever it's reasonable, yes #nephjc https://t.co/wmQSMZRAdp

Wed Jun 10 12:20:15 PDT 2015

rabpeel

@NephJC T0 stone analysis 24hr urine collections #nephjc


rabpeel

#nephjc


nephjc

T0: Should we perform a pretreatment screening evaluation w/ dietary history and blood and urine biochemistry? #nephjc


dvdrry

#nephjc T0 stone analysis usually not possible, 24h urine exam very informative!


nephjc

T0 Which tests should be included at minimum in an adequate metabolic evaluation? #nephjc


koechkm

T0: @NephJC back in Kenya, can't do stone analysis. Rarely useful urine studies in my experience #nephjc


hswapnil

t0: I order 24 hour Urine chemistries, when patient referred to me (so selection bias: usually recurrent) #nephjc


sabaghabed

RT @hswapnil: no formal stone clinic. all this discussion and @weddellite makes me want to have one. #nephjc


ojwiseman

@NephJC T0. Low risk: blood eval. High risk: bloods plus 2 24 hour urines. Ideally diet assess for high risk. Stone anal where poss #nephjc

Wed Jun 10 12:24:10 PDT 2015

dvdrry

#nephjc T0 24h urine volume, calcium, phosphate, urate, sodium & citrate + urine culture


spiros100

we have also only recurrent stone formers, but I believe that stone analysis if possible is the cornerstone of a successful therapy #nephjc

rabpeel

@NephJC t0 urine oxalate prob best hit if you had one test and no stone #nephjc

koechkm

T0: @NephJC I find it difficult to determine which tests are useful for a low resource setting. Maybe 24h UCa? #nephjc
Wed Jun 10 12:24:56 PDT 2015

nephjc

T0: do you include PTH? How do you investigate hyperoxaluria or hypercalciuria? #nephjc
Wed Jun 10 12:25:01 PDT 2015

dvdrry

#nephjc T0 oxalate and cystine only for high risk... oxalate requires special handling and cystine is more expensive

rednephron

@spiros100 The American Urological Association guidelines on renal stones looks very good. #nephjc

dvdrry

#nephjc T0 let's distinguish 'which test' from 'to which patient'!

ojwiseman

@rabpeel @NephJC urine pH with meter prob most useful if only one test allowed! #nephjc
Wed Jun 10 12:26:23 PDT 2015

koechkm

T0: @NephJC definitely PTH if hypercalciuria present and/or hypercalcemia #nephjc
Wed Jun 10 12:26:53 PDT 2015

spiros100

we do it but we are bias stone registry RT @NephJC: T0: do you include PTH? How do you investigate hyperoxaluria or hypercalciuria? #nephjc

ojwiseman

@NephJC T0. Pth if ca raised. #nephjc

nephjc

@rednephron @spiros100 AUA guidelines suggests to consider genetic testing if urine oxalate > 75, do u agree? #nephjc

ojwiseman

@rednephron @spiros100 Agree. C comprehensive. #nephjc
Wed Jun 10 12:28:02 PDT 2015

koechkm

@vdrry @NephJC Thanks. But is Ca:Cr really reliable? #nephjc
nephjc

T0: is there someone still using Pak test for hypercalciuria? #nephjc
Wed Jun 10 12:28:05 PDT 2015

spiros100

@KoechKM @dvdrry @NephJC definitely not #nephjc

dvdrry

#nephjc T0 how to eval urine excretion when concomitant CKD?? it masks calciuria, phosphaturia...

spiros100

definitely not RT @KoechKM: @dvdrry @NephJC Thanks. But is Ca:Cr really reliable? #nephjc
Wed Jun 10 12:28:54 PDT 2015

rednephron

@NephJC @spiros100 (epi)Genetics, as I'm sure you agree, is the way of the future. Might as well get ahead of the curve. #nephjc
Wed Jun 10 12:29:10 PDT 2015

koechkm

@NephJC Definitely not me. I actually don't know what Pak test is! #nephjc
Wed Jun 10 12:29:45 PDT 2015

ojwiseman

@NephJC no idea what it is so "no". #nephjc

dvdrry

@nephjc I'm afraid we all need some info regarding this Pak test! #nephjc
Wed Jun 10 12:30:42 PDT 2015

nephjc

http://t.co/l2zLtPMPne see here for Pak test #nephjc
Wed Jun 10 12:31:02 PDT 2015

spiros100

no was for the 24h Uca vs spot Ca/Cr RT @OJWiseman: @NephJC no idea what it is so "no". #nephjc

nephjc

Pak test was quite popular during late 80s to assess the origin of hypercalciuria #nephjc
Wed Jun 10 12:32:00 PDT 2015

nephjc

T0: urinary sediment should be included in initial evaluation? #nephjc
ojwiseman  
@NephJC thanks. I see... Charlie pak test. Not using it. Does it help differentiate or drive treatments? #nephjc  
Wed Jun 10 12:33:09 PDT 2015

spiros100  
Twenty-four hour and spot urine metabolic evaluations: correlations versus agreements. - PubMed - NCBI http://t.co/ssTf60UXu #nephjc  
Wed Jun 10 12:33:18 PDT 2015

ojwiseman  
@spiros100 @NephJC apologies... No was for the pak test! As a urologist ratios of variables to creat less meaningful. #nephjc  
Wed Jun 10 12:34:31 PDT 2015

koechkm  
@NephJC I know now. It seems a fairly straightforward test #nephjc  
Wed Jun 10 12:34:40 PDT 2015

dvdrry  
RT @spiros100: Twenty-four hour and spot urine metabolic evaluations: correlations versus agreements. - PubMed - NCBI http://t.co/ssTf60UXu...  
Wed Jun 10 12:34:55 PDT 2015

dvdrry  
@spiros100 Thank you! very nice paper! #nephjc  
Wed Jun 10 12:35:15 PDT 2015

dvdrry  
RT @OJWiseman: @spiros100 @NephJC apologies... No was for the pak test! As a urologist ratios of variables to creat less meaningful. #nephjc  
Wed Jun 10 12:35:30 PDT 2015

koechkm  
RT @spiros100: Twenty-four hour and spot urine metabolic evaluations: correlations versus agreements. - PubMed - NCBI http://t.co/ssTf60UXu...  
Wed Jun 10 12:35:35 PDT 2015

nephjc  
@OJWiseman @NephJC Pak test unhelpful, but originally made to choice btw low- vs normal calcium diet #nephjc  
Wed Jun 10 12:35:37 PDT 2015

ojwiseman  
@NephJC microscopy for crystals should be done. You cannot always send stone for analysis but you may find crystals. #nephjc  
Wed Jun 10 12:35:49 PDT 2015

nephjc  
T1:T1: Benefits of dietary therapy T1: What are your general recommendations for kidney stones prevention? #nephjc  
Wed Jun 10 12:36:40 PDT 2015

dvdrry  
@NephJC Totally yes! Cristal presence and characteristics so useful! #nephjc  
Wed Jun 10 12:36:41 PDT 2015
dvdrry

T0 Importance of checking 24h sodium excretion to validate calciuria results?? #nephjc
Wed Jun 10 12:37:12 PDT 2015

spiros100

yes, microscope is our 2 best friend RT @dvdrry: @NephJC Totally yes! Cristal presence and characteristics so useful! #nephjc
Wed Jun 10 12:37:26 PDT 2015

nephjc

@dvdrry T0: that's right #nephjc
Wed Jun 10 12:37:49 PDT 2015

spiros100

our first best friend is the FST (but not in stone formers) :-) #nephjc

koechkm

@spiros100 Sounds like that article doesn't recommend Ca:Cr @NephJC #nephjc
Wed Jun 10 12:38:07 PDT 2015

dvdrry

@NephJC Water water water water #nephjc
Wed Jun 10 12:38:26 PDT 2015

nephjc

T1: according ACP, it is only water. What about diet? #nephjc
Wed Jun 10 12:38:57 PDT 2015

spiros100

there 2 more out there for the Ca/Cr from Osteopor. Int. RT @KoechKM: @spiros100 Sounds like that article doesn't recommend Ca:Cr #nephjc

getting_ripped1

@NephJC drinking enough to encourage nocturnal trips to the loo seem to abolish most stones IMO. #nephjc

sabaghabed

RT @NephJC: T0: urinary sediment should be included in initial evaluation? #nephjc

koechkm

T1: @NephJC the best for me is increasing fluid intake such that urine is >2L, the rest might be difficult to comply with #nephjc

ojwiseman

#nephjc T1: Gen advice. Drink more. Eat less meat (anything with a face). Eat less salt. Lose weight. Not much fun but neither are stones

sabaghabed

RT @dvdrry: @NephJC Totally yes! Cristal presence and characteristics so useful! #nephjc

Wed Jun 10 12:40:04 PDT 2015

dvdrry
@NephJC Only if intestinal absorption enhanced... or if hyperuricemia... Meaning selected cases... Definitely no Ca-low diet for all #nephjc
Wed Jun 10 12:40:17 PDT 2015

dvdrry
RT @OJWiseman: #nephjc T1: Gen advice. Drink more. Eat less meat (anything with a face). Eat less salt. Lose weight. Not much fun but neith...
Wed Jun 10 12:40:34 PDT 2015

hswapnil
RT @spiros100: Twenty-four hour and spot urine metabolic evaluations: correlations versus agreements. - PubMed - NCBI http://t.co/ssTf60UXu...
Wed Jun 10 12:40:34 PDT 2015

nephjc
T1: do u recommend 1) to drink more, 2) to drink 2.5 lt/day or to drink looking at urine output? #nephjc
Wed Jun 10 12:41:17 PDT 2015

spiros100
RT @getting_ripped1: @NephJC drinking enough to encourage nocturnal trips to the loo seem to abolish most stones IMO. #nephjc
Wed Jun 10 12:41:18 PDT 2015

ojwiseman
@dvdrry @NephJC low ca diet a bad idea generally. #nephjc

dvdrry
@OJWiseman @NephJC Agree! #nephjc
Wed Jun 10 12:41:57 PDT 2015

getting_ripped1
@KoechKM @NephJC I agree. Although I tell my patients to pass >2L urine/day and at least once at night. #nephjc

koechkm
@NephJC drink looking at UOP #nephjc

dvdrry
#nephjc Drink more, less meat, less salt, weight control: aren't these general advice for a long healthy life for everyone? LoL

nephjc
T1: do you suggest to increase calcium at each meal for patient w/ high oxalate excretion? #nephjc

Drink more, less meat, less salt, weight control #nephjc
spiros100  Wed Jun 10 12:42:57 PDT 2015

ojwiseman  Wed Jun 10 12:43:10 PDT 2015

@dNephJC in UK we have yellow and white bins in clinic rooms. Perfect illustration of what urine should not and should look like #nephjc

dvdrry  Wed Jun 10 12:43:15 PDT 2015

@NephJC for urine output AT LEAST 2 L/day (as in polycystic!) #nephjc


@KoechKM @NephJC up the most useful information from 24 hr urine #nephjc


RT @NephJC: T1: do you suggest to increase calcium at each meal for patient w/ high oxalate excretion? #nephjc

nephjc  Wed Jun 10 12:43:38 PDT 2015

RT @OJWiseman: @NephJC in UK we have yellow and white bins in clinic rooms. Perfect illustration of what urine should not and should look l…

koechkm  Wed Jun 10 12:43:45 PDT 2015

@getting_ripped1 @NephJC sounds good #nephjc

spiros100  Wed Jun 10 12:44:13 PDT 2015

Calcium (milk) with high oxalate (tee time etc) #nephjc

ojwiseman  Wed Jun 10 12:44:41 PDT 2015

@dvdrry yes, true. Stone formers hopefully (slightly) more likely to listen!! #nephjc

koechkm  Wed Jun 10 12:45:07 PDT 2015

@rabpeel @NephJC I agree, 24h urine is best #nephjc

dvdrry  Wed Jun 10 12:45:18 PDT 2015

#nephjc T1 I ofthen find patients resistant to increase diuresis too much, since it interferes with their everyday life and work

nephjc  Wed Jun 10 12:45:43 PDT 2015

T1: uric acid stones w/ normal uricemia: any dietary advice? #nephjc

ojwiseman  Wed Jun 10 12:45:54 PDT 2015

@NephJC depends on level. Ca supps also useful if v high oxalate excretion. At same time as meals. #nephjc
dvdrry

@NephJC Low urate diet is so difficult to achieve...#nephjc

spiros100

most of patients have "some" metabolic syndrome RT @NephJC: T1: uric acid stones w/ normal uricemia: any dietary advice? #nephjc

hswapnil

RT @spiros100: most of patients have "some" metabolic syndrome RT @NephJC: T1: uric acid stones w/ normal uricemia: any dietary advice? #n... Wed Jun 10 12:47:29 PDT 2015

ojwiseman

@NephJC usual down to urines pH. Look at the pH meter!! Often DM or obese too. Less meat. Lose weight. Control DM. Alkalinise urine. #nephjc
Wed Jun 10 12:47:56 PDT 2015

koechkm

@NephJC I'd advise water intake, nothing else can be complied with in my opinion #nephjc

spiros100

Uric acid:High pH is the cornerstone therapy #nephjc

carioqualunque

T1: kidney stones and hypertension... DASH diet? #nephjc

dvdrry

RT @spiros100: Uric acid:High pH is the cornerstone therapy #nephjc

nephjc

T1: ACP guideline looked at harms in dietary therapy, but Are there real harms in dietary management of kidney stones? #nephjc

hswapnil

QFT @NephJC: T1: ACP guideline looked at harms in dietary therapy, but Are there real harms in dietary management of kidney stones? #nephjc
Wed Jun 10 12:49:08 PDT 2015

ojwiseman

@spiros100 agree!! Sort urine PH. #nephjc

nephjc

T2: Pharmacologic therapy? When and how? #nephjc
Wed Jun 10 12:50:34 PDT 2015

nephjc

T2: potassium citrate for all? any urinary pH specific target? #nephjc
dvdrry

@NephJC thiazide if hypercalciuria, alcalinizers for hyperuricosuria and hypocitraturia, allopurinol if hyperuricemia #nephjc
Wed Jun 10 12:51:44 PDT 2015

koechkm

@caioqualunque DASH diet, if possible, is a good idea. Can it stick in the long term? My main problem. #nephjc
Wed Jun 10 12:52:36 PDT 2015

sabaghabed

RT @NephJC: T2: Pharmacologic therapy? When and how? #nephjc

ojwiseman

@NephJC pts with urate and caox stones and low pH: kcit. Cystine stones: kcit +/- additional tx. #nephjc
Wed Jun 10 12:53:06 PDT 2015

health8life

RT @dvdrry: #nephjc Drink more, less meat, less salt, weight control: aren't these general advice for a long healthy life for everyone? LoL
Wed Jun 10 12:53:12 PDT 2015

spiros100

RCTof febuxostat versus allopurinol or placebo for higher U uric acid excretion and calcium stones. NCBI http://t.co/tN06j1RJDf #nephjc

koechkm

@NephJC Harms of diet? Maybe the discomfort of an altered lifestyle. "A boring life"...
#nephjc
Wed Jun 10 12:53:30 PDT 2015

nephjc

@dvdrry T2: allopurinol in calcium stones? and in those w/ normal serum uric acid and high uric acid excretion: any threshold? #nephjc
Wed Jun 10 12:54:26 PDT 2015

dvdrry

@spiros100 Nice paper... tho I believe that 80mg febuxostat is equivalent to much more than 300mg allopurinol #nephjc
Wed Jun 10 12:54:45 PDT 2015

spiros100

Febuxostat :There was no change in stone size or number over the 6-month period. RT #nephjc

nephjc

T2: what about sodium bicarbonate for urine alkalinization? #nephjc
Wed Jun 10 12:56:12 PDT 2015
spiros100
RT @KoechKM: @NephJC Harms of diet? Maybe the discomfort of an altered lifestyle. "A boring life"... #nephjc
Wed Jun 10 12:56:14 PDT 2015

koechkm
@NephJC Pharma therapy: I'd still prefer starting with water, diet if possible. If a recurrence, then look at specifics in urine #nephjc
Wed Jun 10 12:56:17 PDT 2015

ojwiseman
@NephJC aim for 6.5 else if raising pH risk of ca phosphate stone. No pH really too high for cystine stone formers. #nephjc
Wed Jun 10 12:57:01 PDT 2015

hswapnil
RT @spiros100: RCTof febuxostat versus allopurinol or placebo for higher U uric acid excretion and calcium stones. NCBI http://t.co/tN06j1...
Wed Jun 10 12:57:01 PDT 2015

dvdrry
RT @OJWiseman: @NephJC aim for 6.5 else if raising pH risk of ca phosphate stone. No pH really too high for cystine stone formers. #nephjc
Wed Jun 10 12:57:19 PDT 2015

toates_19
Can't wait to catch up on this #nephjc - did anyone mention diet coke? @weddellite @soph_cash
Wed Jun 10 12:57:31 PDT 2015

spiros100
Efficacy of urine alkalinization by oral administration of sodium bicarbonate: a prospective open-label trial http://t.co/rDT5qMps5a #nephjc
Wed Jun 10 12:57:37 PDT 2015

nephjc
T2: hypercalciuria: do you use thiazide monotherapy or in association w/ citK? #nephjc

ojwiseman
@toates_19 @weddellite @soph_cash duet coke: love it but never had a stone. #nephjc
Wed Jun 10 12:58:03 PDT 2015

dvdrry
@NephJC I fear hypouricemia, it has been linked to dementia among other long-term adverse effects...#nephjc
Wed Jun 10 12:58:15 PDT 2015

ojwiseman
@toates_19 @weddellite @soph_cash duet coke: love it but never had a stone. #nephjc
Wed Jun 10 12:58:49 PDT 2015

dvdrry
@NephJC Uncomfortable with bicarbonate: risk of hypertension, sodium supplementation, etc... #nephjc
Wed Jun 10 12:58:50 PDT 2015

rednephron

@KoechKM @NephJC Agree - water should abolish 95% of stones, or so I've been told! #nephjc
Wed Jun 10 12:58:51 PDT 2015

hswapnil

Fascinating: @spiros100 has come well armed with citations today to #nephJC. Great stuff!
Wed Jun 10 12:59:18 PDT 2015

spiros100

I like CKD-MBD :-) RT @hswapnil: Fascinating: @spiros100 has come well armed with citations today to #nephJC. Great stuff! #nephjc
Wed Jun 10 12:59:52 PDT 2015

dvdrry

RT @spiros100: Efficacy of urine alkalinization by oral administration of sodium bicarbonate: a prospective open-label trial http://t.co/rD...
Wed Jun 10 13:00:07 PDT 2015

dvdrry

RT @OJWiseman: @NephJC not good as na load increases ca excretion. Also na load may increase bp. Best to avoid. #nephjc
Wed Jun 10 13:00:16 PDT 2015

nephjc

@OJWiseman @dvdrry any place for Na bicarbonate in CKD w/ kidney stones? #nephjc
Wed Jun 10 13:00:21 PDT 2015

spiros100

any thoughts on the bone and stone: DXA ? #nephjc
Wed Jun 10 13:00:34 PDT 2015

nephjc

RT @spiros100: Efficacy of urine alkalinization by oral administration of sodium bicarbonate: a prospective open-label trial http://t.co/rD...
Wed Jun 10 13:00:38 PDT 2015

koechkm

@dvdrry @NephJC Interesting #nephjc
Wed Jun 10 13:00:48 PDT 2015

rednephron

RT @OJWiseman: @NephJC not good as na load increases ca excretion. Also na load may increase bp. Best to avoid. #nephjc
Wed Jun 10 13:00:49 PDT 2015

hswapnil

RT @OJWiseman: @NephJC not good as na load increases ca excretion. Also na load may increase bp. Best to avoid. #nephjc
Wed Jun 10 13:01:05 PDT 2015

koechkm

Interesting #nephjc https://t.co/QdkSk5faQt
Wed Jun 10 13:01:10 PDT 2015
ojwiseman  @spiros100 great paper. Effects on ca excretion would have been good to measure. #nephjc
Wed Jun 10 13:01:25 PDT 2015

koechkm  @NephJC In stepwise fashion, starting with water. My view #nephjc https://t.co/4X9dySHTEV
Wed Jun 10 13:01:58 PDT 2015

nephjc  @spiros100 I am a clinical densitometrist too. I have seen a lot of patient w/ hypercalciuria, kidney stones and osteoporosis #nephjc
Wed Jun 10 13:02:01 PDT 2015

dvdrry  @NephJC @OJWiseman It's always so good to kill two birds with one stone... only in ESRD with associated acidosis #nephjc
Wed Jun 10 13:02:03 PDT 2015

healthfoodpage1  RT @dvdrry: #nephjc Drink more, less meat, less salt, weight control: aren't these general advice for a long healthy life for everyone? LoL
Wed Jun 10 13:02:09 PDT 2015

nephjc  RT @dvdrry: @NephJC @OJWiseman It's always so good to kill two birds with one stone... only in ESRD with associated acidosis #nephjc
Wed Jun 10 13:02:21 PDT 2015

ojwiseman  @NephJC @dvdrry am not a nephrologist so will duck that one!! #nephjc
Wed Jun 10 13:02:54 PDT 2015

nephjc  T2: any experience w/ hydroxamic acid? #nephjc
Wed Jun 10 13:02:55 PDT 2015

spiros100  RT @NephJC_DXA when to do ? #nephjc
Wed Jun 10 13:03:35 PDT 2015

koechkm  Just in time, was running out of power for my journal club! #nephjc https://t.co/JCT7Sx59z

nephjc  @spiros100 depending on FRAX score and whole risk assessment #nephjc
Wed Jun 10 13:04:34 PDT 2015

toates_19  @soph_cash @lithohlr @OJWiseman @wedellite #medicinebyurologist #nephjc

RT @rednephron: @KoechKM @NephJC Agree - water should abolish 95% of stones, or
so I've been told! #nephjc
Wed Jun 10 13:04:54 PDT 2015

@NephJC @spiros100 we definitely need a #nephjc on osteoporosis, fractures and CKD ;)
Wed Jun 10 13:05:08 PDT 2015

yes please...... RT @dvdrry @NephJC @spiros100 we definitely need a #nephjc on osteoporosis, fractures and CKD ;)
Wed Jun 10 13:05:26 PDT 2015

@NephJC No experience here #nephjc
Wed Jun 10 13:05:29 PDT 2015

@NephJC no for me. Never seen it #nephjc
Wed Jun 10 13:06:09 PDT 2015

T2: have u ever used cystine-binding thiol drugs for cystine stones? #nephjc
Wed Jun 10 13:06:20 PDT 2015

@NephJC none. RT. hydroxamic acid. Mainly tried in those with infection stones prev as is a urease inhibitor. #nephjc
Wed Jun 10 13:06:29 PDT 2015

thiol drugs: great if the patient takes it #nephjc
Wed Jun 10 13:07:06 PDT 2015

@dvdrry @NephJC Same here. #nephjc

T2: special population: Bowel inflammatory disease and hyperoxaluria: calcium carbonate? #nephjc
Wed Jun 10 13:07:26 PDT 2015

@OJWiseman @NephJC are they any use? I heard they have bad press #nephjc

Thiol: you can smell the compliance (!) #nephjc
Wed Jun 10 13:07:42 PDT 2015

RT @spiros100: Thiol: you can smell the compliance (!) #nephjc
koechkm

@NephJC I also haven't. Never seen a case of cystine stone #nephjc
Wed Jun 10 13:08:06 PDT 2015

dvdrry

@NephJC I am SO afraid of calcium supplementation... How sure are you that calcium goes to where it should and not to vessels? #nephjc
Wed Jun 10 13:08:24 PDT 2015

ojwiseman

@NephJC RT. @NephJC: T2: special population: Bowel inflammatory disease and hyperoxaluria: calcium carbonate? #nephjc yes, or ca citrate.
Wed Jun 10 13:08:45 PDT 2015

koechkm

RT @spiros100: Thiol: you can smell the compliance (!) #nephjc
Wed Jun 10 13:08:54 PDT 2015

nephjc

T2: special population: those on vitamin D? is vitamin D supplementation harmful for stone formers? #nephjc

ojwiseman

@NephJC cystine stones. Yes, few pts on penicillamine, few on captopril. #nephjc
Wed Jun 10 13:09:52 PDT 2015

rednephron

@dvdrry @NephJC If a patient had a normal GFR, then there shouldn't be a problem. #nephjc

toates_19

@dvdrry @NephJC surely CaxP product more important and most of these pts don't have CKD #nephjc
Wed Jun 10 13:10:04 PDT 2015

dvdrry

@toates_19 @NephJC but have other cardiovascular risk factors that will increase atheromatous processes #nephjc

dvdrry

@rednephron @NephJC but they ofthen have other cardiovascular risk factors that will increase atheromatous processes #nephjc

jonathanmglass1

@KoechKM @NephJC #nephjc I always tell patients WRT stone diet 'life must be enjoyed, don't get obsessive but..' fluids, less red meat, etc.
Wed Jun 10 13:11:36 PDT 2015

ojwiseman

@NephJC RT: T2: special population: those on vit D? is supp harmful for stone formers? #nephjc hotly debated. Not sure of answer!!
**spiros100**


Wed Jun 10 13:12:07 PDT 2015

**nephjc**

RT @OJWiseman: @NephJC RT: T2: special population: those on vit D? is supp harmful for stone formers? #nephjc hotly debated. Not sure of an…

Wed Jun 10 13:12:09 PDT 2015

**rednephron**

@dvdrry @NephJC Why do you say that? You might have to educate me, but are stone-formers at higher risk of CVD? #nephjc


**soph_cash**

@lithohlr @OJWiseman @toates_19 @weddeellite Stock market update:Buy DC sell flomax #economicsbyaurologist #nephjc


**ojwiseman**

@jonathanmglass1 @KoechKM @NephJC Welcome JG. Another urologist on board!! #nephjc


**spiros100**

236 patients with RKS one-third had vitamin D deficiency on the basis of 25(OH)D levels (.20 ng/ml), and 25% had elevated PTH levels #nephjc


**dvdrry**

definitely @spiros100 gets the highest grade in today's #nephjc, he has a paper ready for every question raised! thank you so much!


**rednephron**

@dvdrry @NephJC If they don't have CKD, then surely the usual phosphate and PTH responses will kick in. #nephjc


**ojwiseman**

RT @soph_cash: @lithohlr @OJWiseman @toates_19 @weddeellite Stock market update:Buy DC sell flomax #economicsbyaurologist #nephjc


**toates_19**

@soph_cash @lithohlr @OJWiseman @weddeellite is expulsive therapy dead now after #urojc? #nephjc


**nephjc**

T2 plus: For our urologists on board: when should we referr our kidney stones patients to you? #nephjc

hswapnil  
RT @jonathanmglass1: @KoechKM @NephJC #nephjc I always tell patients WRT stone diet 'life must be enjoyed, don't get obsessive but..' fluid…

koechkm  
@NephJC I wonder if it (vit D) might be harmful in that Ca is reabsorbed and leaves oxalate readily absorbed as well. True? #nephjc
Wed Jun 10 13:14:50 PDT 2015

lithohlr  
RT @soph_cash; @lithohlr @OJWiseman @toates_19 @wedellite Stock market update:Buy DC sell flomax #economicsbyaurologist #nephjc

kathiriklm  
RT @dvdrry: #nephjc main problem with guidelines: asuming that absence of evidence is negative evidence

kathiriklm  
RT @dvdrry: #nephjc T0 stone analysis usually not possible, 24h urine exam very informative!

dvdrry  
@NephJC my urologists only manage obstructive stones... they refer recurrent stones former to Nephrology #nephjc
Wed Jun 10 13:15:08 PDT 2015

toates_19  
Anyone ever told someone to get a new career to reduce stone formation? Chefs? Roofers? etc #nephjc

hswapnil  
#nephjc https://t.co/rAYIQxxu6g

koechkm  
RT @OJWiseman: @jonathanmglass1 @KoechKM @NephJC Welcome JG. Another urologist on board!! #nephjc

ojwiseman  
@toates_19 @soph_cash @lithohlr @wedellite MET: depends whether you are on the UK (yes) or us (no) side of the Atlantic!! EMB!! #nephjc
Wed Jun 10 13:16:06 PDT 2015

nephjc  
@toates_19 ironic, but true #nephjc
Wed Jun 10 13:16:10 PDT 2015

rednephron  
@NephJC I find that most GPs refer renal stones to Urology. We then get our referrals from them. #nephjc
**dvdrry**

RT @rednephron: @NephJC I find that most GPs refer renal stones to Urology. We then get our referrals from them. #nephjc

Wed Jun 10 13:16:45 PDT 2015

**lithohlr**

@toates_19 @soph_cash @OJWiseman @weddelite admit that I find it difficult to justify its use in light of the recent evidence #nephjc

Wed Jun 10 13:16:50 PDT 2015

**koechkm**

RT @jonathanmglass1: @KoechKM @NephJC #nephjc I always tell patients WRT stone diet 'life must be enjoyed, don't get obsessive but..' fluid…


**rednephron**

I now want to start a stone clinic! I'm bowing out, but thanks everyone. #nephjc


**spiros100**

personal opinion : renal stones (must) goes to Urology, recurrent formers at least 1xnephrology 3 mo after intervention #nephjc


**ojwiseman**

@NephJC RT: when they have a stone that needs surg tx. Jt clinic in high vol centre ideal. Urologist can manage medical side too!! #nephjc


**rednephron**

RT @spiros100: personal opinion : renal stones (must) goes to Urology, recurrent formers at least 1xnephrology 3 mo after intervention #nep…

Wed Jun 10 13:17:51 PDT 2015

**nephjc**

Final thoughts? Anyone w/ a special secret for kidney stones prevention? #nephjc


**hswapnil**

@rednephron So do I. see this: http://t.co/GZPUGlpx1h from @Weddelite for how to #nephjc


**dvdrry**

as usual, pts should be followed by any physician who is interested enough and has an adequate training in the subject #nephjc


**ojwiseman**

#nephjc thanks for the invite. Good discussion. Good night all!!


**rednephron**

RT @hswapnil: @rednephron So do I. see this: http://t.co/GZPUGlpx1h from @Weddelite for how to #nephjc

lithohl

RT @OJWiseman: @toates_19 @soph_cash @lithohl @weddelite MET: depends whether you are on the UK (yes) or us (no) side of the Atlantic!! …

nephjc

@OJWiseman Thank you, good night. #nephjc

rednephr

@hswapnil @weddelite Thanks. I'll definitely be reading this tonight. #nephjc

dvdrry

this #nephjc should have a nice a storify with quite a lot of papers to have at hand!

nephjc

Great chat, this is @caioqualunque signing off. Goodbye and thanks for making it #nephjc

spiros100

“One advantage of the skeptical attitude of mind is that a man is never vexed to find that after all he has been in the wrong.”Osler #nephjc

spiros100

good night and good luck #nephjc

toates_19

What a #nephjc! looks like you guys knocked the North Americans into a cocked hat, shame I cldnt be here for much

dvdrry

RT @spiros100: “One advantage of the skeptical attitude of mind is that a man is never vexed to find that after all he has been in the wron…

koechkm

@NephJC That was a nice one, I enjoyed it. Thanks everyone. See you in 2 weeks. #nephjc

hswapnil

RT @spiros100: “One advantage of the skeptical attitude of mind is that a man is never vexed to find that after all he has been in the wron…

dvdrry

RT @rednephrorn: @dvdrry @NephJC If they don't have CKD, then surely the usual phosphate and PTH responses will kick in. #nephjc

hswapnil

reminder: next #NephJC is in 1 week June 16/17 on the #SoMe issue
http://t.co/E3SHzrJFWH (free access in June)


koechkm

RT @hswapnil: reminder: next #NephJC is in 1 week June 16/17 on the #SoMe issue
http://t.co/E3SHzrJFWH (free access in June)

Wed Jun 10 13:30:30 PDT 2015

hswapnil

RT @dvdrry: this #nephjc should have a nice a storify with quite a lot of papers to have at hand!

Wed Jun 10 13:32:00 PDT 2015

hswapnil

@OJWiseman thanks for joining in! #nephjc

Wed Jun 10 13:35:45 PDT 2015

unicipa

#nephjc