Aims and objectives of this session
Urolithiasis is an increasingly prevalent worldwide disease with recurrence rates up to 50% over 5 years. Metabolic assessment to identify predisposing factors and prevention therefore play an important role in patient management. This course will address common findings on dietary and metabolic workup and highlight medical and non-medical treatment options for these metabolic abnormalities in the prevention of stone recurrence.

The goal of the course is for participants to be able to
• Identify patients that would benefit from metabolic workup.
• Interpret standard metabolic workup, including dietary and medical history and biochemical analyses.
• Understand what the guidelines say on targeted medical treatment for prevention of urinary stone disease.
• Understand the influence of dietary changes on metabolic urinary values and provide dietary counseling.

Who needs a metabolic evaluation and why should this be done
T. Tailly, Ghent (BE)

How to do a metabolic evaluation, step by step
O. Wiseman, Cambridge (GB)

Common stone types: What abnormalities might we find on investigation?
T. Tailly, Ghent (BE)

Stone and diet: What advice should we give?
O. Wiseman, Cambridge (GB)

Medical treatment for stones: What works?
T. Tailly, Ghent (BE)

Case discussions
T. Tailly, Ghent (BE)
O. Wiseman, Cambridge (GB)