

# Advanced Treatment Techniques

## First Physicians Group Kidney Stone Clinic

Each year, more than half a million people go to emergency rooms for kidney stone problems. With **one in ten** people estimated to have a kidney stone at some time in their lives, Sarasota Memorial's First Physicians Group now offers a dedicated treatment setting for the evaluation and treatment of kidney stones.

This specialized clinic is led by Ramsay Kuo, MD, along with fellow urologic surgeons Robert Carey, MD, and Daniel Kaplon, MD. Under the guidance of these three fellowship trained endourologists with decades of combined experience, the FPG Kidney Stone Clinic offers the most advanced techniques and newest technology for the minimally invasive treatment of urinary tract stone disease. Our team, including our new physician, William Fredriksson, MD, specializes in treating kidney stones of a complex nature related to their size and/or location.

### Expert Diagnosis

Effective treatment begins with an accurate diagnosis, and every patient with kidney stone concerns begins care with a thorough evaluation utilizing urinalysis, blood tests and imaging such as CT (computed tomography) scans.

### Individualized Treatment

After a diagnosis has been made, our surgeons prescribe the treatment path which will be most effective for each patient's individual condition. These options could include:

- ▶ Ureterscopy with digital flexible scopes providing optimal resolution and visualization using the latest holmium and thulium laser platforms for efficient and complete fragmentation of stones
- ▶ Shock wave lithotripsy to treat stones with focused pressure waves
- ▶ Percutaneous nephrolithotomy to treat extremely large kidney stone burdens through a "keyhole" incision, without the need for external drains in most cases.

### Prevention

Our team also focuses on stone prevention by offering metabolic evaluations through blood testing and 24-hour urine analyses to identify individual stone risk factors and allow for tailored prevention plans to be formulated.

### Information & Appointments

Medicare, Medicaid and most private insurance plans are accepted. Physician referrals welcome, but not required. For appointments and information, call (941) 917-5400.

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(941) 917-5400 • [firstphysiciansgroup.com](http://firstphysiciansgroup.com)

### Kidney Stone? What Are The Signs?

- ▶ **The most common sign is pain:**
  - Pain can appear in your side or back just below your ribs, in your lower belly, or around your groin or testicles
  - The pain often shifts as the stone progresses through your body
  - The pain may range from mild to severe and can come in go in waves
- ▶ **Other sign and symptoms may include:**
  - Burning sensation with urination
  - Frequent urination or trouble urinating
  - Cloudy or evidence of blood in urine
  - Evidence of small stones in urine
  - Nausea and vomiting
  - Fever and chills



FIRST PHYSICIANS GROUP  
*of Sarasota Memorial Health Care System*