

Abstract

Urolithiasis has become a chronic disease that has had a major impact on both the quality of life and working situation of the patient. It has a significant impact on the health system due to its high recurrence. Different authors have identified several factors inherent to human biology and sociodemographic variables that may lead to the development of kidney stones. Thus, many factors that influence the formation of kidney stones are presented such as red meat intake, salty food intake and daily liquids intake that may help in a timely intervention on some of them.