



General information on Kidney Stone caused by the Tainted Milk Products

Dear Parents

This note is to provide you with a brief update in respect of the recent news about kidney stone related incidents in China and Hong Kong. More information regarding this matter can be found at the website of the Centre for Food and Safety (www.cfs.gov.hk).

In Hong Kong, 50,000 children have undergone assessment at special clinics set up by Hospital Authority and only three children were found to have kidney stones. Five other children also confirmed with kidney stones were referred from other areas (two from China). Serious kidney stone conditions caused by the consumption of melamine tainted milk products (MTMP) have not occurred in Hong Kong.

Continuous consumption of large quantities of MTMP can cause kidney stones that will lead to urinary tract infections. If the stone is large, it can cause obstruction to the urinary system and if both kidneys are obstructed it can lead to acute renal failure. Children who have kidney stones often have some of these symptoms:

- Low back pain
- Stomachache
- Frequent urination
- Blood in urine
- Poor appetite and vomiting
- Difficulty and pain in urination
- Decreased urine output

If children aged 12 or below have consumed MTMP originated in China or food products which failed the melamine test conducted by the Centre for Food Safety or show any of the above symptoms, then they can get an assessment in the Hospital Authority Designated Clinic. These clinics will be in operation for at least six months.

If children have had continued consumption of MTMP for one month originating in China or food products which failed the melamine test or show any of the above symptoms, then they can get further examination in a Special Assessment Centre.

The eight children in Hong Kong with kidney stones are all in a stable condition. With one child, the stone has disappeared and another child has received lithotripsy. The remaining children are still under observation to find out whether their condition is caused by the consumption of MTMP.

In preventing kidney stones, it is important to drink plenty of water for adequate urine output. A six year old should generally consume 1 liter of water and a 12-year-old should consume 1.5 liters of water during the day. A balanced diet with more fruits and vegetables and good toileting habit are also important to prevent kidney stones.

Nana Valentiner Bohse and Henriette Hare
DBIS Health and First Aid Coordinators