



# POPULAR DIETS

## AND YOUR UROLOGICAL HEALTH

By Robert Pugach, MD

I am frequently asked by my patients if their diet can impact their urinary system. This is particularly relevant with today's popular diets such as Keto, Zone, Raw Food, Paleo, Intermittent Fasting and many others.

I advise my patients that it is best to familiarize yourself with any possible side effects, including ones that can affect your urinary system before you decide if it's right for you.

For example, the foundation of the Keto diet is adherence to an extremely low-carb, high-fat diet in order to put your body into a metabolic state called ketosis. This process helps your body to be more efficient at burning fat. However, you should be aware of the known effects of having your body go into a metabolic ketosis state. At the onset of the diet, the effect of lowering carbohydrates stimulates the body to burn ketones for energy instead of glucose. Once the body is in ketosis some people may experience headaches, dehydration,

irritability, constipation, nausea, and fatigue.

Additionally, there are potential urological problems. High fat intake may be a factor that promotes prostate cancer development. Dehydration puts stress on the kidneys and increases the risk of kidney stones of all types. The high intake of animal proteins makes your urine more acidic and increases uric acid levels. This combination makes you more susceptible to uric acid kidney stones as well as gout.

The take away message is that there is a potential for unanticipated side effects in most diets. Whether a diet is right for you depends on many factors ranging from your basic me-

tabolism to the presence of many co-existing medical conditions such as kidney disease, high blood pressure, kidney stones and diabetes.

Be sure to talk to your doctor for advice before starting any diet.

To schedule an appointment, call 888-735-4336.

For prostate cancer diagnosis and treatment questions, the direct line is 844-HIFU DOC (844-443-8362). For the No Needle/No Scalpel vasectomy, the direct line is 844-Easy Vas (844-327-9827).

