

Higher visceral fat ratio seen with recurring urolithiasis

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(HealthDay)—Recurrent stone-forming patients have high visceral fat

ratios compared to first-time stone-forming patients, according to a study published in the June issue of the *International Journal of Urology*.

Shimpei Yamashita, from the Wakayama Medical University in Japan, and colleagues compared various fat parameters based on computed tomography images between 148 recurrent stone-forming patients and 152 patients forming stones for the first time.

The researchers found that visceral fat area ratio and visceral fat volume ratio in recurrent stone-forming patients were significantly higher than those in first-time stone-forming patients ($P = 0.03$ and 0.01 , respectively). However, there was no significant difference in visceral fat area ($P = 0.32$), subcutaneous fat area ($P = 0.36$), visceral fat volume ($P = 0.38$), or subcutaneous fat volume ($P = 0.23$). Increasing visceral fat volume ratio was a significant independent predictor of recurrent stones ($P = 0.04$), in multivariate analysis.

"We think urolithiasis [patients](#) with high visceral fat ratio require strict follow-up and preventive treatment," the authors write.

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