

## Kidney Stones: 100-Question Multiple-Choice Quiz with Answers

1. What are kidney stones primarily made of?

- A. Muscle tissue
- B. Hardened minerals and salts
- C. Fat deposits
- D. Blood clots

Answer: B. Hardened minerals and salts

Explanation: Kidney stones form when minerals and salts in urine crystallize and stick together, creating hard deposits in the kidneys or urinary tract.

2. Which organ is most directly affected by kidney stones?

- A. Liver
- B. Pancreas
- C. Kidneys
- D. Lungs

Answer: C. Kidneys

Explanation: Kidney stones develop in the kidneys, although they may travel through the urinary tract.

3. What is the medical term for kidney stones?

- A. Nephrolithiasis
- B. Hepatitis
- C. Gastritis
- D. Arthritis

Answer: A. Nephrolithiasis

Explanation: Nephrolithiasis is the medical term used to describe kidney stones.

4. Which symptom is most commonly associated with kidney stones?

- A. Chest pain
- B. Severe flank pain
- C. Skin rash
- D. Earache

Answer: B. Severe flank pain

Explanation: Intense pain in the side or back, known as flank pain, is one of the hallmark symptoms of kidney stones.

5. What is the most common type of kidney stone?

- A. Cystine stones
- B. Struvite stones
- C. Calcium oxalate stones
- D. Uric acid stones

Answer: C. Calcium oxalate stones

Explanation: Calcium oxalate stones are the most frequently occurring kidney stones.

6. Which dietary factor increases kidney stone risk?

- A. High water intake
- B. Excess sodium consumption
- C. Eating vegetables
- D. Low sugar intake

Answer: B. Excess sodium consumption

Explanation: High sodium intake increases calcium in the urine, raising the risk of stone formation.

7. Which beverage helps reduce kidney stone risk?

- A. Water
- B. Soda
- C. Energy drinks
- D. Alcohol

Answer: A. Water

Explanation: Staying well-hydrated dilutes urine and helps prevent crystal formation.

8. Which mineral is commonly found in kidney stones?

- A. Iron
- B. Calcium
- C. Zinc
- D. Magnesium

Answer: B. Calcium

Explanation: Many kidney stones contain calcium, especially calcium oxalate stones.

9. What color may urine become if kidney stones cause bleeding?

- A. Green
- B. Purple
- C. Pink or red
- D. White

Answer: C. Pink or red

Explanation: Blood in the urine, called hematuria, may give urine a pink, red, or brown appearance.

10. Which test is commonly used to diagnose kidney stones?

- A. EEG
- B. CT scan
- C. Colonoscopy

D. Mammogram

Answer: B. CT scan

Explanation: CT scans are highly effective at detecting kidney stones and determining their size and location.

11. What is hematuria?

- A. Kidney infection
- B. Blood in the urine
- C. High blood pressure
- D. Swelling of the kidneys

Answer: B. Blood in the urine

Explanation: Hematuria refers to the presence of blood in urine, often caused by kidney stones irritating the urinary tract.

12. Which condition increases the likelihood of kidney stones?

- A. Dehydration
- B. Low blood pressure
- C. Nearsightedness
- D. Asthma

Answer: A. Dehydration

Explanation: Dehydration concentrates the urine, making crystal formation more likely.

13. Which stone type is associated with gout?

- A. Calcium oxalate stones
- B. Uric acid stones
- C. Struvite stones
- D. Cystine stones

Answer: B. Uric acid stones

Explanation: Gout increases uric acid levels, contributing to uric acid stone formation.

14. What is the primary function of the kidneys?

- A. Produce insulin
- B. Filter waste from blood
- C. Digest food
- D. Pump blood

Answer: B. Filter waste from blood

Explanation: The kidneys remove waste products and excess fluid from the bloodstream to form urine.

15. Which symptom may occur when a stone blocks urine flow?

- A. Frequent painful urination
- B. Hair loss
- C. Blurred vision
- D. Sneezing

Answer: A. Frequent painful urination

Explanation: Stones near the bladder can cause urinary urgency and pain.

16. What size of kidney stone is most likely to pass naturally?

- A. Smaller than 5 mm
- B. Larger than 20 mm
- C. Exactly 15 mm
- D. Over 30 mm

Answer: A. Smaller than 5 mm

Explanation: Small stones often pass through the urinary tract without surgery.

17. Which food is high in oxalates?

- A. Spinach
- B. Chicken
- C. Rice
- D. Yogurt

Answer: A. Spinach

Explanation: Spinach contains high levels of oxalates, which can contribute to calcium oxalate stones.

18. Which symptom often accompanies severe kidney stone pain?

- A. Nausea and vomiting
- B. Hearing loss
- C. Toothache
- D. Rash

Answer: A. Nausea and vomiting

Explanation: Intense pain from kidney stones may trigger nausea and vomiting.

19. What is lithotripsy?

- A. Kidney transplant surgery
- B. Stone-breaking treatment using sound waves
- C. A blood test
- D. A type of medication

Answer: B. Stone-breaking treatment using sound waves

Explanation: Extracorporeal shock wave lithotripsy uses sound waves to break stones into smaller pieces.

20. Which type of kidney stone is linked to recurrent urinary tract infections?

- A. Calcium stones
- B. Uric acid stones
- C. Struvite stones
- D. Cystine stones

Answer: C. Struvite stones

Explanation: Struvite stones commonly develop in response to chronic urinary tract infections.

21. Which imaging test avoids radiation exposure?

- A. Ultrasound
- B. CT scan
- C. X-ray
- D. PET scan

Answer: A. Ultrasound

Explanation: Ultrasound uses sound waves instead of radiation and may be preferred in certain patients.

22. Which factor increases kidney stone recurrence?

- A. Drinking plenty of water
- B. Previous history of stones
- C. Regular exercise
- D. Low salt intake

Answer: B. Previous history of stones

Explanation: Individuals who have had kidney stones are more likely to develop them again.

23. Which medication may help pass kidney stones?

- A. Antibiotics only
- B. Alpha blockers

- C. Antidepressants
- D. Antihistamines

Answer: B. Alpha blockers

Explanation: Alpha blockers relax muscles in the urinary tract, helping stones pass more easily.

24. Which type of stone is caused by a rare inherited disorder?

- A. Struvite stones
- B. Calcium stones
- C. Cystine stones
- D. Uric acid stones

Answer: C. Cystine stones

Explanation: Cystine stones occur in people with cystinuria, a genetic disorder.

25. What is a common location for kidney stone pain?

- A. Lower back
- B. Shoulder
- C. Jaw
- D. Wrist

Answer: A. Lower back

Explanation: Kidney stone pain often begins in the back or side below the ribs.

26. Which fluid intake recommendation helps prevent stones?

- A. Less than 1 liter daily
- B. 2–3 liters daily
- C. No fluids after noon
- D. Only coffee

Answer: B. 2–3 liters daily

Explanation: Adequate hydration helps dilute substances that form stones.

27. Which condition may result if a kidney stone blocks urine completely?

- A. Kidney damage
- B. Improved kidney function
- C. Faster metabolism
- D. Better vision

Answer: A. Kidney damage

Explanation: Untreated obstruction can damage the kidneys over time.

28. Which age group most commonly develops kidney stones?

- A. Infants only
- B. Adults aged 30–60
- C. Teenagers only
- D. People over 100

Answer: B. Adults aged 30–60

Explanation: Kidney stones are most common in middle-aged adults.

29. Which gender is slightly more likely to develop kidney stones?

- A. Females only
- B. Males
- C. Both equally in all ages
- D. Children

Answer: B. Males

Explanation: Men historically have higher rates of kidney stones, though rates in women are increasing.

30. What does a urinalysis help detect?

- A. Bone fractures
- B. Blood and crystals in urine
- C. Brain tumors
- D. Heart rhythm problems

Answer: B. Blood and crystals in urine

Explanation: Urinalysis can reveal blood, crystals, infection, and other signs of kidney stones.

31. Which vitamin in excessive amounts may increase kidney stone risk?

- A. Vitamin C
- B. Vitamin K
- C. Vitamin B12
- D. Vitamin D only

Answer: A. Vitamin C

Explanation: High doses of vitamin C can increase oxalate production in the body.

32. Which medical specialist commonly treats kidney stones?

- A. Dermatologist
- B. Urologist
- C. Ophthalmologist
- D. Neurologist

Answer: B. Urologist

Explanation: Urologists specialize in diseases of the urinary tract and male reproductive system.

33. What is renal colic?

- A. Mild headache
- B. Severe pain caused by kidney stones
- C. Stomach ulcer
- D. Liver swelling

Answer: B. Severe pain caused by kidney stones

Explanation: Renal colic refers to intense pain when a stone obstructs urine flow.

34. Which dietary habit may help prevent calcium stones?

- A. Eliminating all calcium
- B. Eating moderate dietary calcium
- C. Avoiding all vegetables
- D. Consuming excessive salt

Answer: B. Eating moderate dietary calcium

Explanation: Normal calcium intake can help bind oxalate in the intestines and reduce stone risk.

35. Which symptom may indicate infection with a kidney stone?

- A. Fever and chills
- B. Dry skin
- C. Nosebleeds
- D. Hair thinning

Answer: A. Fever and chills

Explanation: Fever and chills may signal a urinary tract infection, which can become serious if combined with obstruction.

36. Which stone type forms in acidic urine?

- A. Uric acid stones
- B. Struvite stones
- C. Calcium phosphate stones
- D. Infection stones only

Answer: A. Uric acid stones

Explanation: Acidic urine promotes the formation of uric acid stones.

37. Which imaging test is fastest in emergencies?

- A. CT scan
- B. Colonoscopy
- C. MRI of the knee
- D. Echocardiogram

Answer: A. CT scan

Explanation: CT scans provide rapid and detailed images useful in diagnosing kidney stones.

38. What is the ureter?

- A. Tube connecting kidney to bladder
- B. Blood vessel in the heart
- C. Lung airway
- D. Digestive organ

Answer: A. Tube connecting kidney to bladder

Explanation: The ureter carries urine from each kidney to the bladder.

39. Which factor increases stone risk during hot weather?

- A. Increased sweating
- B. Cold temperatures
- C. Less sunlight

D. Improved hydration

Answer: A. Increased sweating

Explanation: Sweating can cause dehydration, concentrating the urine.

40. Which procedure uses a scope to remove stones?

- A. Ureteroscopy
- B. Appendectomy
- C. Bronchoscopy
- D. Endoscopy of stomach only

Answer: A. Ureteroscopy

Explanation: Ureteroscopy involves inserting a small scope into the urinary tract to remove or break stones.

41. Which urine characteristic raises stone risk?

- A. Dilute urine
- B. Concentrated urine
- C. Clear urine only
- D. Sweet-smelling urine

Answer: B. Concentrated urine

Explanation: Concentrated urine allows minerals to crystallize more easily.

42. Which mineral should often be limited in high-risk individuals?

- A. Sodium
- B. Potassium
- C. Phosphorus
- D. Iron

Answer: A. Sodium

Explanation: Too much sodium increases calcium excretion into the urine.

43. What is a staghorn calculus?

- A. Tiny stone in the bladder
- B. Large branching kidney stone
- C. Bone disorder
- D. Liver cyst

Answer: B. Large branching kidney stone

Explanation: Staghorn stones fill parts of the kidney and can impair kidney function.

44. Which stone may form in alkaline urine?

- A. Uric acid stone
- B. Calcium oxalate stone only
- C. Struvite stone
- D. Cholesterol stone

Answer: C. Struvite stone

Explanation: Struvite stones often form in alkaline urine during infections.

45. What does passing a kidney stone often feel like?

- A. Painless relaxation
- B. Sharp cramping pain
- C. Mild itching
- D. Numbness in fingers

Answer: B. Sharp cramping pain

Explanation: Kidney stones commonly cause severe cramping pain as they move through the ureter.

46. Which test can identify stone composition?

- A. Stone analysis
- B. Vision screening
- C. EEG
- D. Skin biopsy

Answer: A. Stone analysis

Explanation: Laboratory analysis of passed stones helps determine their chemical makeup.

47. Which diet may increase uric acid stone risk?

- A. High-protein diet
- B. Vegetarian diet
- C. Low-sodium diet
- D. High-fiber diet

Answer: A. High-protein diet

Explanation: Excess animal protein can increase uric acid levels.

48. Which urinary symptom may occur with stones?

- A. Burning during urination
- B. Improved urination flow
- C. No urge to urinate ever
- D. Increased hearing

Answer: A. Burning during urination

Explanation: Stones can irritate the urinary tract, causing discomfort during urination.

49. Which population is at increased risk of cystine stones?

- A. People with cystinuria

- B. People with asthma only
- C. Individuals with eczema
- D. People with migraines

Answer: A. People with cystinuria

Explanation: Cystinuria is an inherited condition causing excess cystine in urine.

50. What is hydronephrosis?

- A. Swelling of the kidney from urine buildup
- B. Kidney infection only
- C. Bone disease
- D. Skin infection

Answer: A. Swelling of the kidney from urine buildup

Explanation: A blocked ureter can cause urine to back up and enlarge the kidney.

51. Which over-the-counter medication may help pain from stones?

- A. Ibuprofen
- B. Antibiotics
- C. Insulin
- D. Antacids only

Answer: A. Ibuprofen

Explanation: Nonsteroidal anti-inflammatory drugs may help reduce kidney stone pain.

52. Which factor can contribute to dehydration?

- A. Excessive exercise without fluids
- B. Drinking water regularly
- C. Eating fruit
- D. Sleeping normally

Answer: A. Excessive exercise without fluids

Explanation: Heavy sweating without replacing fluids increases dehydration risk.

53. Which symptom suggests a medical emergency with kidney stones?

- A. Fever and inability to urinate
- B. Mild fatigue only
- C. Sneezing
- D. Mild hiccups

Answer: A. Fever and inability to urinate

Explanation: Obstruction with infection can become life-threatening and needs urgent care.

54. Which beverage may increase stone risk in some people?

- A. Sugary soda
- B. Water
- C. Lemon water
- D. Milk in moderation

Answer: A. Sugary soda

Explanation: Some sodas contain substances linked to increased stone risk.

55. What role does citrate play in stone prevention?

- A. Promotes stone formation
- B. Helps prevent crystals from forming
- C. Causes infections
- D. Increases sodium levels

Answer: B. Helps prevent crystals from forming

Explanation: Citrate binds calcium and reduces stone formation.

56. Which fruit is often recommended because of citrate content?

- A. Lemon
- B. Banana
- C. Apple only
- D. Pear only

Answer: A. Lemon

Explanation: Lemons contain citrate, which may help reduce stone formation.

57. Which condition may develop from untreated kidney stones?

- A. Kidney infection
- B. Improved digestion
- C. Better lung function
- D. Hair growth

Answer: A. Kidney infection

Explanation: Blocked urine flow can increase infection risk.

58. Which imaging method uses sound waves?

- A. Ultrasound
- B. CT scan
- C. X-ray only
- D. PET scan

Answer: A. Ultrasound

Explanation: Ultrasound creates images using sound waves.

59. Which factor can increase calcium in urine?

- A. High salt intake
- B. Low sodium diet
- C. Drinking water
- D. Walking daily

Answer: A. High salt intake

Explanation: Sodium causes the kidneys to excrete more calcium.

60. What is the bladder's main function?

- A. Filter blood
- B. Store urine
- C. Produce hormones
- D. Digest food

Answer: B. Store urine

Explanation: The bladder stores urine until urination occurs.

61. Which test may show kidney function?

- A. Blood creatinine test
- B. Eye exam
- C. Hearing test
- D. Allergy test

Answer: A. Blood creatinine test

Explanation: Creatinine levels help evaluate kidney function.

62. Which stone type is often associated with infections by certain bacteria?

- A. Struvite stones
- B. Uric acid stones
- C. Cystine stones
- D. Cholesterol stones

Answer: A. Struvite stones

Explanation: Certain bacteria produce ammonia, promoting struvite stone formation.

63. Which urinary change may occur during stone passage?

- A. Cloudy urine
- B. Blue urine
- C. Completely odorless urine always
- D. No urine production in all cases

Answer: A. Cloudy urine

Explanation: Infection or crystals may make urine appear cloudy.

64. Which factor increases kidney stone risk after bariatric surgery?

- A. Changes in absorption
- B. Increased hydration
- C. Better calcium balance
- D. Reduced oxalate absorption

Answer: A. Changes in absorption

Explanation: Some surgeries increase oxalate absorption and stone risk.

65. Which occupation may have higher stone risk due to heat exposure?

- A. Construction worker
- B. Librarian
- C. Music teacher
- D. Accountant

Answer: A. Construction worker

Explanation: Working in hot conditions may increase dehydration risk.

66. What is the urethra?

- A. Tube carrying urine out of the body
- B. Kidney tissue
- C. Blood vessel
- D. Digestive organ

Answer: A. Tube carrying urine out of the body

Explanation: The urethra transports urine from the bladder to outside the body.

67. Which symptom is least likely from kidney stones?

- A. Side pain
- B. Blood in urine
- C. Fever with infection
- D. Skin blistering

Answer: D. Skin blistering

Explanation: Skin blistering is not a typical kidney stone symptom.

68. Which condition may mimic kidney stone pain?

- A. Appendicitis
- B. Healthy digestion
- C. Seasonal allergies
- D. Nearsightedness

Answer: A. Appendicitis

Explanation: Several abdominal conditions can resemble kidney stone pain.

69. What is the goal of increased fluid intake?

- A. Concentrate urine
- B. Produce more dilute urine
- C. Eliminate calcium entirely
- D. Stop kidney function

Answer: B. Produce more dilute urine

Explanation: Diluting urine lowers the chance of crystal formation.

70. Which mineral imbalance may contribute to stones?

- A. High urinary calcium
- B. Low oxygen levels only
- C. Low vitamin B12
- D. High iron only

Answer: A. High urinary calcium

Explanation: Excess calcium in urine is a major risk factor for stones.

71. Which dietary item should often be moderated for stone prevention?

- A. Salt
- B. Water
- C. Fruits
- D. Vegetables entirely

Answer: A. Salt

Explanation: Lowering salt intake helps reduce calcium excretion.

72. Which symptom often comes in waves with kidney stones?

- A. Pain
- B. Vision changes
- C. Sneezing

D. Hair loss

Answer: A. Pain

Explanation: Kidney stone pain often fluctuates as the stone moves.

73. Which urine pH favors uric acid stones?

- A. Acidic urine
- B. Alkaline urine
- C. Neutral urine only
- D. Any pH equally

Answer: A. Acidic urine

Explanation: Acidic urine promotes uric acid crystallization.

74. Which treatment may require anesthesia?

- A. Ureteroscopy
- B. Drinking water
- C. Urinalysis
- D. Blood pressure check

Answer: A. Ureteroscopy

Explanation: Ureteroscopy is a surgical procedure typically performed under anesthesia.

75. Which nutrient should not usually be eliminated entirely?

- A. Dietary calcium
- B. Added sugar
- C. Excess sodium
- D. Processed foods

Answer: A. Dietary calcium

Explanation: Normal calcium intake may actually help prevent calcium oxalate stones.

76. Which urinary tract structure connects to the kidneys?

- A. Ureters
- B. Bronchi
- C. Esophagus
- D. Colon

Answer: A. Ureters

Explanation: The ureters transport urine from the kidneys.

77. Which condition may cause repeated stone formation?

- A. Hyperparathyroidism
- B. Common cold
- C. Seasonal allergies
- D. Nearsightedness

Answer: A. Hyperparathyroidism

Explanation: Excess parathyroid hormone can increase calcium levels and stone risk.

78. Which symptom may indicate a stone near the bladder?

- A. Frequent urination
- B. Improved sleep
- C. Shoulder stiffness
- D. Hair thinning

Answer: A. Frequent urination

Explanation: Stones near the bladder may create urgency and frequency.

79. What is one purpose of a kidney stone prevention diet?

- A. Reduce crystal formation
- B. Stop all urination
- C. Increase sodium levels
- D. Eliminate all minerals

Answer: A. Reduce crystal formation

Explanation: Dietary changes aim to lower the concentration of stone-forming substances.

80. Which imaging test may miss very small stones compared with CT?

- A. Ultrasound
- B. CT scan
- C. MRI only
- D. PET scan

Answer: A. Ultrasound

Explanation: Ultrasound is less sensitive than CT for tiny stones.

81. Which factor is important after passing a stone?

- A. Stone analysis
- B. Ignoring symptoms
- C. Stopping fluids
- D. Avoiding all medical care

Answer: A. Stone analysis

Explanation: Identifying stone type helps guide prevention strategies.

82. Which condition may occur if both kidneys are blocked?

- A. Kidney failure
- B. Improved filtration

- C. Better hydration
- D. Faster healing

Answer: A. Kidney failure

Explanation: Bilateral obstruction can severely impair kidney function.

83. Which stone type is least common?

- A. Cystine stones
- B. Calcium stones
- C. Uric acid stones
- D. Struvite stones

Answer: A. Cystine stones

Explanation: Cystine stones are rare and linked to inherited disease.

84. Which lifestyle habit helps reduce recurrence?

- A. Staying hydrated
- B. Avoiding all fluids
- C. Excess soda intake
- D. High sodium diet

Answer: A. Staying hydrated

Explanation: Hydration is one of the most effective prevention methods.

85. Which symptom may worsen as the stone moves?

- A. Cramping pain
- B. Improved appetite only
- C. Better hearing
- D. Skin dryness

Answer: A. Cramping pain

Explanation: Movement through the ureter can intensify pain.

86. Which mineral combines with oxalate in common stones?

- A. Calcium
- B. Potassium
- C. Iron
- D. Copper

Answer: A. Calcium

Explanation: Calcium oxalate stones are the most common type.

87. Which condition is a risk factor for uric acid stones?

- A. Gout
- B. Asthma
- C. Eczema
- D. Cataracts

Answer: A. Gout

Explanation: Gout increases uric acid levels in the body.

88. Which fluid is best for hydration in stone prevention?

- A. Water
- B. Sugary soda
- C. Energy drinks
- D. Alcohol only

Answer: A. Water

Explanation: Water dilutes urine and reduces stone-forming concentration.

89. Which symptom requires urgent medical attention?

- A. Fever with severe pain
- B. Mild thirst
- C. Occasional hiccups
- D. Dry lips only

Answer: A. Fever with severe pain

Explanation: This combination may indicate an obstructed infected urinary tract.

90. Which condition may increase urinary calcium?

- A. Hyperparathyroidism
- B. Seasonal allergies
- C. Motion sickness
- D. Ear infection

Answer: A. Hyperparathyroidism

Explanation: Excess parathyroid hormone increases calcium release into the blood and urine.

91. Which urine finding may suggest stone formation?

- A. Crystals
- B. Normal hydration only
- C. No urine color
- D. Hair fragments

Answer: A. Crystals

Explanation: Urinary crystals may indicate substances capable of forming stones.

92. Which preventive strategy may help recurrent stone formers?

- A. Dietary counseling
- B. Complete fasting
- C. Avoiding all exercise

D. Sleeping less

Answer: A. Dietary counseling

Explanation: Nutrition changes can significantly reduce recurrence risk.

93. Which body system contains the kidneys?

- A. Urinary system
- B. Respiratory system
- C. Nervous system
- D. Skeletal system

Answer: A. Urinary system

Explanation: The kidneys are part of the urinary tract.

94. Which factor may increase oxalate absorption?

- A. Certain intestinal disorders
- B. Adequate hydration
- C. Low sodium intake
- D. Moderate calcium intake

Answer: A. Certain intestinal disorders

Explanation: Digestive disorders can alter absorption and raise oxalate levels.

95. Which symptom is common when a stone enters the ureter?

- A. Severe intermittent pain
- B. Complete numbness
- C. Hearing loss
- D. Skin itching

Answer: A. Severe intermittent pain

Explanation: Ureteral spasms cause intense waves of pain.

96. Which dietary approach may help lower uric acid stones?

- A. Reducing animal protein
- B. Increasing salt intake
- C. Eliminating water
- D. Eating more processed foods

Answer: A. Reducing animal protein

Explanation: Lowering purine-rich foods can reduce uric acid production.

97. Which stone-related complication may cause sepsis?

- A. Infected obstructed stone
- B. Mild dehydration
- C. Low appetite
- D. Small painless stone

Answer: A. Infected obstructed stone

Explanation: Infection behind a blockage can spread into the bloodstream.

98. Which procedure may place a temporary tube for drainage?

- A. Ureteral stent placement
- B. Eye surgery
- C. Colonoscopy
- D. Skin biopsy

Answer: A. Ureteral stent placement

Explanation: A stent keeps urine flowing past an obstruction.

99. Which habit is best for long-term prevention?

- A. Consistent hydration
- B. Avoiding all calcium
- C. Drinking only soda
- D. High sodium intake

Answer: A. Consistent hydration

Explanation: Regular hydration is essential to preventing recurrence.

100. Why is early treatment of kidney stones important?

- A. To prevent complications and kidney damage
- B. To improve eyesight
- C. To strengthen bones directly
- D. To cure allergies

Answer: A. To prevent complications and kidney damage

Explanation: Prompt treatment can relieve pain, prevent infection, and protect kidney function.