

Perspective

Oxalate management in primary hyperoxaluria and implementing the effective methods for treatment

Edward Jenny*

Department of Medicine and Nephrology, Taranaki Base Hospital, 8 David Street Westtown, New Plymouth Taranaki, New Zealand.

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DESCRIPTION

Primary Hyperoxaluria (PH) is a rare genetic disorder characterized by the excessive production of oxalate, a naturally occurring substance in many foods. Oxalate is normally filtered through the kidneys and excreted in the urine, but individuals with PH have a metabolic dysfunction that leads to the accumulation of oxalate, causing kidney stones and potential damage to other organs. Managing PH involves not only medical interventions but also careful attention to dietary choices, particularly in identifying and limiting trigger foods high in oxalate.

The role of oxalate in primary hyperoxaluria

Oxalate is found in a variety of foods and is a natural component of many plants. In individuals without PH, the body regulates oxalate levels efficiently. However, for those with Primary Hyperoxaluria, there is a disruption in the metabolism of glyoxylate, leading to the overproduction of oxalate. The excess oxalate can form crystals and contribute to the formation of kidney stones, a hallmark feature of PH.

Identifying trigger foods

Managing PH involves a meticulous approach to diet, with a focus on reducing oxalate intake from foods. While it's not possible to completely eliminate oxalate, recognizing and limiting consumption of high-oxalate foods can help mitigate symptoms. Here are some common trigger foods high in oxalate:

Leafy greens: Spinach, Swiss chard, and beet greens are rich in oxalate. While these vegetables are nutrient-dense, individuals with PH may need to limit their intake or choose lower-oxalate alternatives.

Nuts and seeds: Almonds, cashews, and sesame seeds contain higher levels of oxalate. Consider opting for lower-

oxalate nuts like pecans or macadamia nuts.

Certain fruits: Some fruits, such as raspberries, blackberries, and kiwi, are moderate to high in oxalate. However, it's essential to balance nutritional needs, so work with a healthcare professional to determine individual tolerances.

Chocolate: Cocoa and chocolate products can be sources of oxalate. Choosing carob-based alternatives may be an option for those with PH. Whole Grains: Bran cereals, whole wheat products, and brown rice contain oxalate. Exploring alternative grains like white rice or quinoa may be considered.

Tea: Certain types of tea, particularly black tea, can contribute to oxalate intake. Herbal teas or limiting the consumption of strong tea may be advised.

Beets and sweet potatoes: These root vegetables contain higher levels of oxalate. Experimenting with lower-oxalate options like carrots or regular potatoes may be beneficial.

Strategies for oxalate management

Hydration: Maintaining adequate fluid intake is crucial for individuals with PH. Hydration can help dilute oxalate in the urine, reducing the risk of stone formation.

Calcium intake: Consuming foods rich in calcium alongside oxalate-containing foods may help bind oxalate in the gut, preventing its absorption.

Moderation and individualization: It's important to emphasize that individual responses to oxalate-containing foods can vary. Working closely with a healthcare professional or a registered dietitian to tailor dietary recommendations to individual needs is key.

Living with Primary Hyperoxaluria presents unique challenges, and dietary management is a crucial component of overall care. By understanding the role of oxalate in PH and

*Corresponding author. Edward Jenny, E-mail: Edward@jenny.edu.

being mindful of trigger foods, individuals can take proactive steps to reduce the risk of complications such as kidney stones. Collaboration with healthcare professionals is essential to developing a personalized dietary plan that addresses nutritional needs while minimizing the impact of oxalate

accumulation. In the journey of managing PH, a balanced and thoughtful approach to nutrition can empower individuals to make informed choices, enhance their quality of life, and work towards minimizing the impact of this rare genetic disorder.