Aims and objectives of this presentation
This thematic session will give a comprehensive overview on the pathogenesis of urinary stone formation, it’s implication on our patients’ life and concepts for prevention of stone recurrences. This controversy on the efficacy of metabolic evaluation will be addressed in a point-counter-point discussion.

10:30 - 10:45

**State-of-the-art lecture** How do stones form?
G. Gambaro, Rome (IT)

**Aims and objectives of this presentation**
Recent studies have confirmed what was hypothesised for many years, i.e. that crystals to become a stone generally need to be anchored to the renal tissue. This is certainly the case for the common CaOx and apatite crystals, and for some rare crystal kind. They need Randall’s plaque or ductal plugs as an anchor. However, the possibility exists of lithogenesis in the liquid phase without any anchoring cannot be ruled out in some conditions.

10:45 - 11:05

**State-of-the-art lecture** Quality of life in stone formers
M. Monga, Cleveland (US)

**Aims and objectives of this presentation**
The goal of this lecture will be to discuss
A. What is quality of life?
B. How does it apply to the impact of both acute renal colic and stone prevention?
C. What tools have been developed to assess QOL in stone patients?
D. What do we know and where do we go?

11:05 - 11:25

**State-of-the-art lecture** Practical recommendations for metabolic evaluation and stone prevention
O. Traxer, Paris (FR)

**Aims and objectives of this presentation**
To learn about stone composition and diet
To learn about the basics for 24h urine collection
To learn about basics for diet and stones

11:25 - 11:55

**Debate** Do we need specific work-up for our stone patients?

**Pro**
A. Skolarikos, Athens (GR)

**Aims and objectives of this presentation**
the aim of the presentation will be to persuade the urologists that basic and specific metabolic work up of stone patients is really needed to normalize all those urinary parameters that
predispose to lithiasis and by doing so decrease the recurrence of stone episodes

Con
T. Bach, Hamburg (DE)

**Aims and objectives of this presentation**
The premise of metabolic workup and identification of risk factors is based on the assumption, that the identification of individual risk factors will allow individualized and tailored preventive measures and treatment for the individual patient. But although the concept of metabolic testing and prevention is tempting the database supporting this concept is at least in part rather weak and further research is needed to identify the best way of preventive measures.

**Summary**