

Dr. Waters text for screen readers

Screenshot 1

Screenshot of a patient portal message conversation between Lori Adams and Dr. Waters.

Dr. Waters

All I'm trying to convey is that an increase in hydration via PEG tube should increase urine output so if you can tolerate more liquid intake I would favor that. If not do the best you can is all you can do. Your kidneys excrete excess fluid so they will only make more urine when you have extra in the body. Oral/PEG tube intake can be lost in a lot of ways including through routine metabolism and although some can be "retained" you should not indefinitely retain increasing amounts of extra fluid in a problematic way unless you have a cardiac condition that would cause it. The only patients we can't recommend increased hydration in tend to be cardiac patients who advised to restrict fluid due to cardiac conditions. Extreme hydration can cause sodium electrolyte issues but we are a long way from that. Kidney stone formation remains complex and this is just one of the ways we can decrease stone risk. We will move forward with all options we have

Lori Adams

My urine volume is increasing after 8 days of potassium citrate

Dr. Waters

Noted. I'm not sure why that would be but 't keep taking the potassium citrate and doing what you are doing

Screenshot 2

Screenshot of a patient portal message conversation between Lori Adams and Dr. Waters.
FYI r/g H2O intake

Lori Adams

I haven't changed the amount of water I drink during the course of the tests. It's always been the same thing that I outlined before.

Dr. Waters

As discussed previously the amount of urine output is affected by many factors other than hydration. I advise you continue to try to be adequately hydrated with a goal of urine outputs of 2.5-3 liters per day

Screenshot 3

Screenshot of a patient portal message conversation between Lori Adams and Dr. Waters.

Dr. Waters

As discussed previously the amount of urine output is affected by many factors other than hydration. Advise you continue to try to be adequately hydrated with a goal of urine outputs of 2.5-3 liters per day.

Lori Adams

I asked my bishop for guidance on my current health issues and he has advised me to seek care elsewhere and to find someone who listens to me. I feel as if I am going around in circles when I am asking for help. It feels as if you have been more concerned with finding what I've done wrong or inadequately, instead of focusing on what is going on. Simply telling me to have a urine output of a certain amount doesn't solve the issue of not being able to have a sufficient output. There is also an air of superiority with making it difficult to speak in conversation (I wouldn't have been able to tell you much if the portal wasn't available). I've been given the confidence to express this with my bishop's guidance and agreement.
I am currently waiting for test results for [Condition] and other genetic conditions. I will certainly share the results with you if anything comes up so you may know the severity of not listening to your patients.

Screenshot of Email

Email from Lori Adams to Dr. Waters.

Tell Dr. Waters to listen to his patients. Give him my regards and I wish him the day that he deserves.

Screenshot of the first page of my genetic test results. How much water do you need to drink to fix your DNA?

Lori Adams

Picture of genetic test results