

# How Does the Hard Water Affect Our Health?

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This research project is carried out with the purpose of evaluating the effect on the health of people who consume water directly from the Piedras del Rayo stream in the Cerro Buena Vista rural zone of the municipality of San Pedro de Urabá. This research uses a methodology comprised of various activities: Fieldwork, literature review, support and assessments, interviews, interview analysis, the health brigade, water study and data comparison, analysis and presentation of the results. People living in the peripheral area, in total 25 people, consume water without any treating it, of which 52% have renal lithiasis according to laboratory test results. The water in the Piedras del Rayo stream is unfit for human consumption due to its characteristics, however, we cannot draw definitive conclusions regarding the impact of hard water on health because of the small number of individuals included in the study, despite the fact that a significant number have renal lithiasis. This disease has many causes, so it is important to continue monitoring the study population. Among the recommendations that emerged, it was considered important to highlight some of them as they can serve as a guide in similar situations: Conducting monitoring and more specific studies in the area as they represent a higher risk to the health of the population; it is advisable to seek methods and strategies to reduce water hardness.