

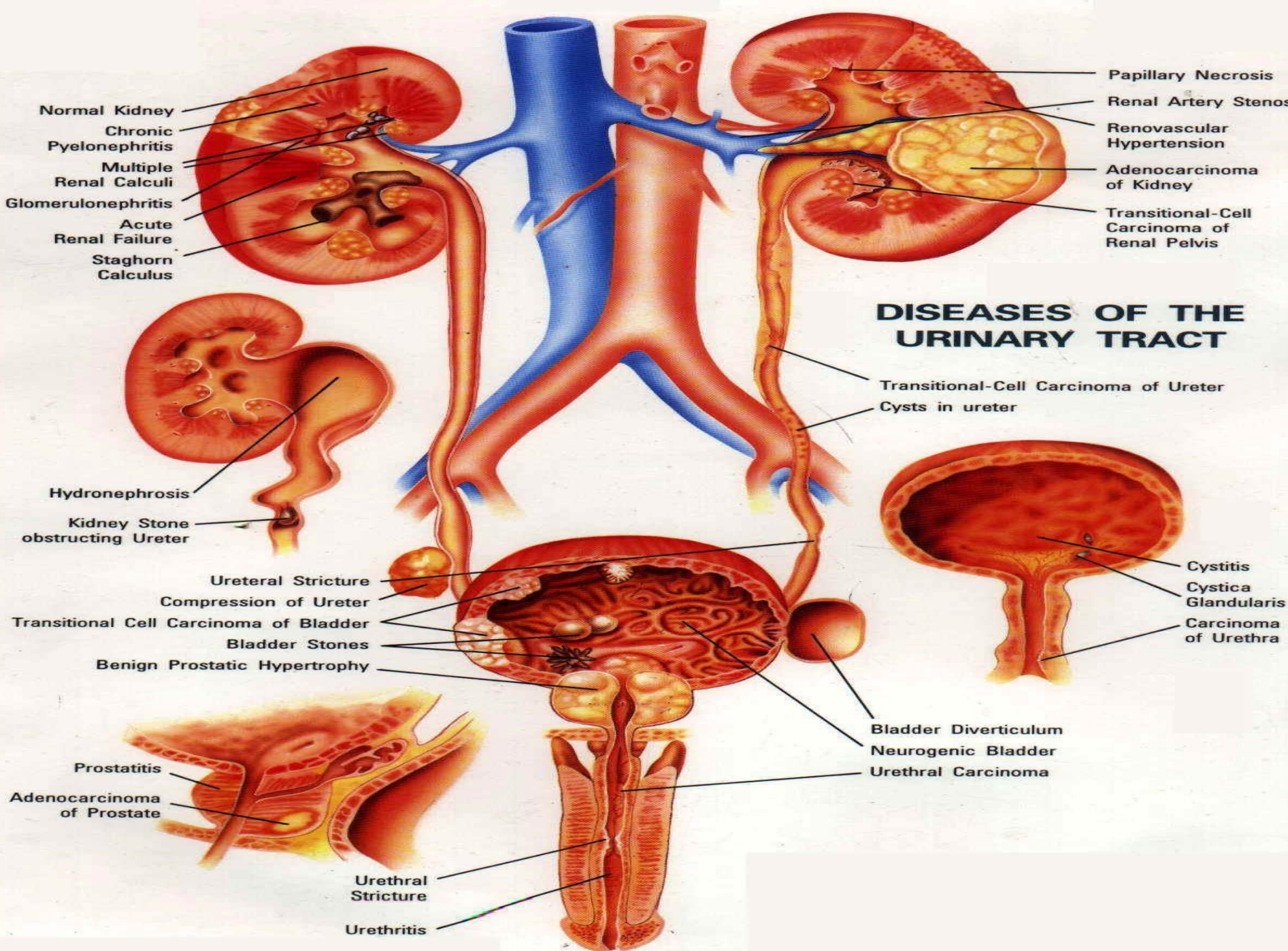
Common Urological ailments- symptoms ,treatment & prevention.

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Normal Kidney
 Chronic Pyelonephritis
 Multiple Renal Calculi
 Glomerulonephritis
 Acute Renal Failure
 Staghorn Calculus

Papillary Necrosis
 Renal Artery Stenosis
 Renovascular Hypertension
 Adenocarcinoma of Kidney
 Transitional-Cell Carcinoma of Renal Pelvis

DISEASES OF THE URINARY TRACT

Transitional-Cell Carcinoma of Ureter
 Cysts in ureter

Hydronephrosis
 Kidney Stone obstructing Ureter

Ureteral Stricture
 Compression of Ureter
 Transitional Cell Carcinoma of Bladder
 Bladder Stones
 Benign Prostatic Hypertrophy

Cystitis
 Cystica Glandularis
 Carcinoma of Urethra

Prostatitis
 Adenocarcinoma of Prostate

Bladder Diverticulum
 Neurogenic Bladder
 Urethral Carcinoma

Urethral Stricture
 Urethritis

Introduction

- The Urological problems are manifested in **all age groups** ranging from a newborn baby up to geriatric group. With the advances in technology, it is possible now to detect many diseases even at the level of embryo.

Drug i Pediatric Problems

New Born Baby

They usually present with congenital disorders like.:

1. Absence of testis or at abnormal location.
2. Retractable Testis
3. Phimosis
4. Abnormal opening of Urinary meatus.

What is the ideal age for consulting a expert ?

For Testis

before 12-18 months.

For Phimosis

(non opening of skin over penis)

at an earliest

For Abnormal opening
of Urinary meatus

immediately after birth

Children

- Urinary Infection
- Bed wetting

All children with documented urine infection must be shown to a urologist & proper investigations must be done.

For children with bed wetting even after 2-3 yrs of age ,proper counseling is required to avoid psychosocial & medical complications.

Bed wetting

The general guidelines are:-

- Proper Intake of fluids
- Timed urination
- Restricting fluids in the evening & night
- Alarm voiding at night
- Medicines as advised by Urologist

Drug intake **Young adults**

The common causes are:-

1. Urinary & genital infections *in case of inadvertent extramarital sex, one must contact an expert*
2. Stones
3. Obstruction in urinary passage due to stricture etc;

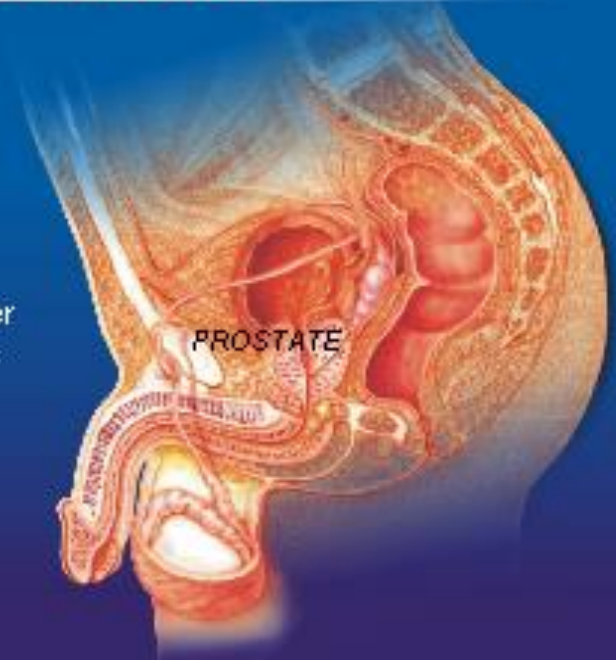
Elderly population

Males

The commonest problems is the enlargement of prostate which is a ageing process.

Male urinary tract - PROSTATE Gland

Location
base of bladder
and surrounds
the urethra



Prostatic enlargement (BPH)

The common symptoms are :-

- Poor urine flow
- Thinning of stream
- Urgency
- Involuntary loss of urine
- ↑ urine frequency leading to disturbance in work or night sleep
- Occasional blood in urine

Prostatic enlargement (BPH)

- ✓ Prostate enlargement is a ageing process & may not be disease at all.
- ✓ Only symptomatic person need treatment which may be medical or surgical depending upon the duration & severity of problem.
- ✓ The size of prostate has no relation with symptoms & even small prostate may need treatment.

Prostatic enlargement (BPH)

Treatment

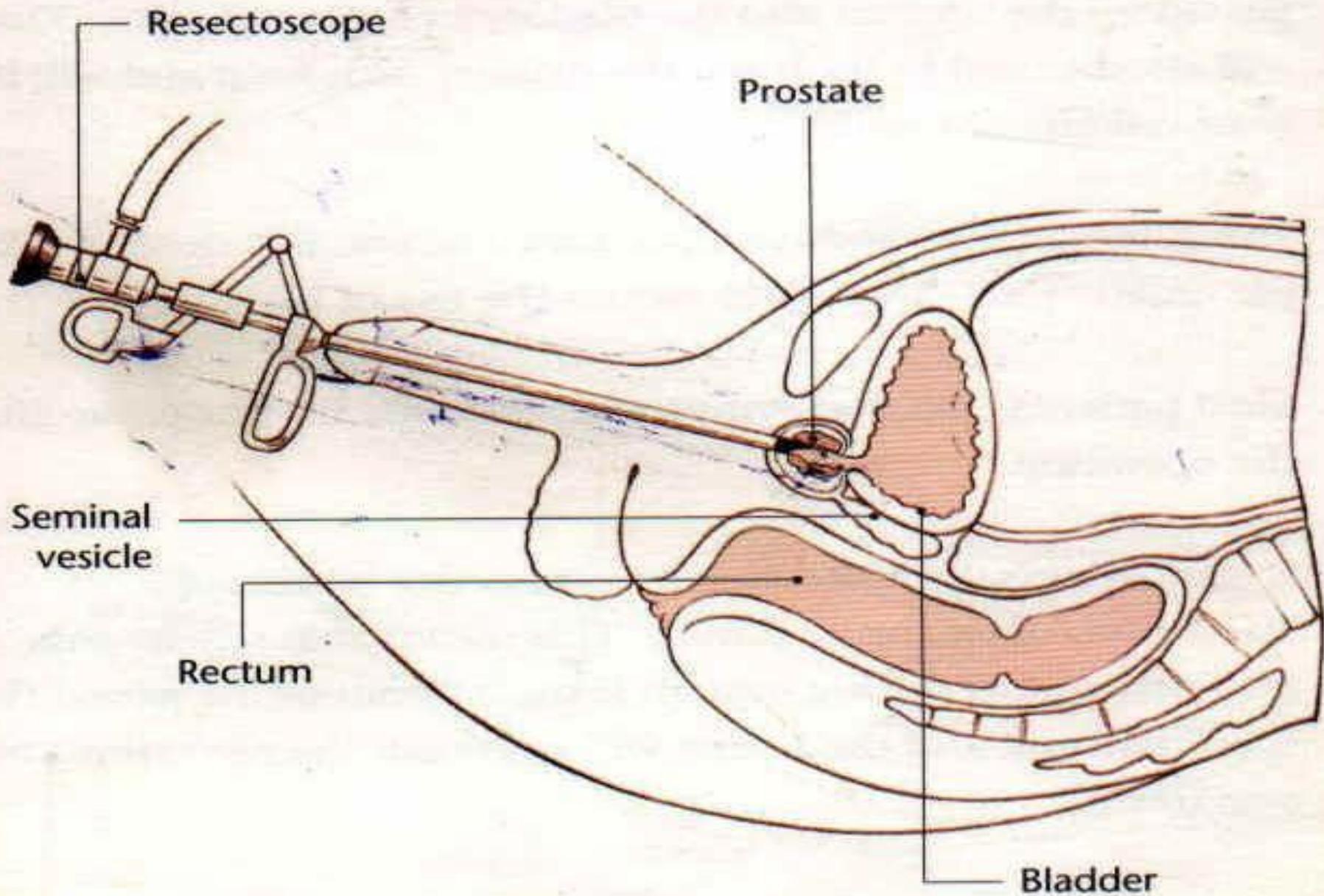
MEDICAL

Recommended for
mild to moderate
Symptoms of
enlarged prostate

SURGICAL

TUR(P)

The gold standard
method for removal of
enlarged prostate



How can I prevent prostatic enlargement ?

Till date no conclusive drug/diet is identified which can prevent prostate enlargement as it is a ageing process. However few tips may be useful.:-

Tips to prevent urine retention

1. Avoid excess intake of fluids
2. Avoid constipation
3. Do not delay urination
4. Avoid taking liquids, liquors in late evening & night
5. Do not practice self medication as medicines like cough syrups, some drugs for blood pressure & neurological illness are known to cause obstructive urinary problems.

Do I have prostate cancer ?

- It needs a checkup & physical examination & some investigation to rule out prostatic cancer.
- A screening of all males over the age of 50 years is recommended by American Urological Association.

How frequently this checkup is required ?

Ideally at yearly interval but practically on the advise of concerned urologist

Can we prevent cancer of the prostate ?

- Not exactly but we Indians are lucky as compare to Americans as the incidence of cancer of prostate is quite low probably because of racial, genetic or dietary factors
- It has been seen that diet rich in fat & protein predispose to prostate cancer, whereas high carbohydrates, rich minerals & vitamins especially C & E are protective

Other cancers of Genitourinary system

1. Urinary Bladder
2. Kidney
3. Testis
4. Penis

The commonest symptoms is:
Blood in urine

Is Cancer of Bladder Curable ?

Yes, in early stages , it can be treated by endoscopy alone.



Is cancer of bladder preventable ?

Yes !

The current known risk factors are :-

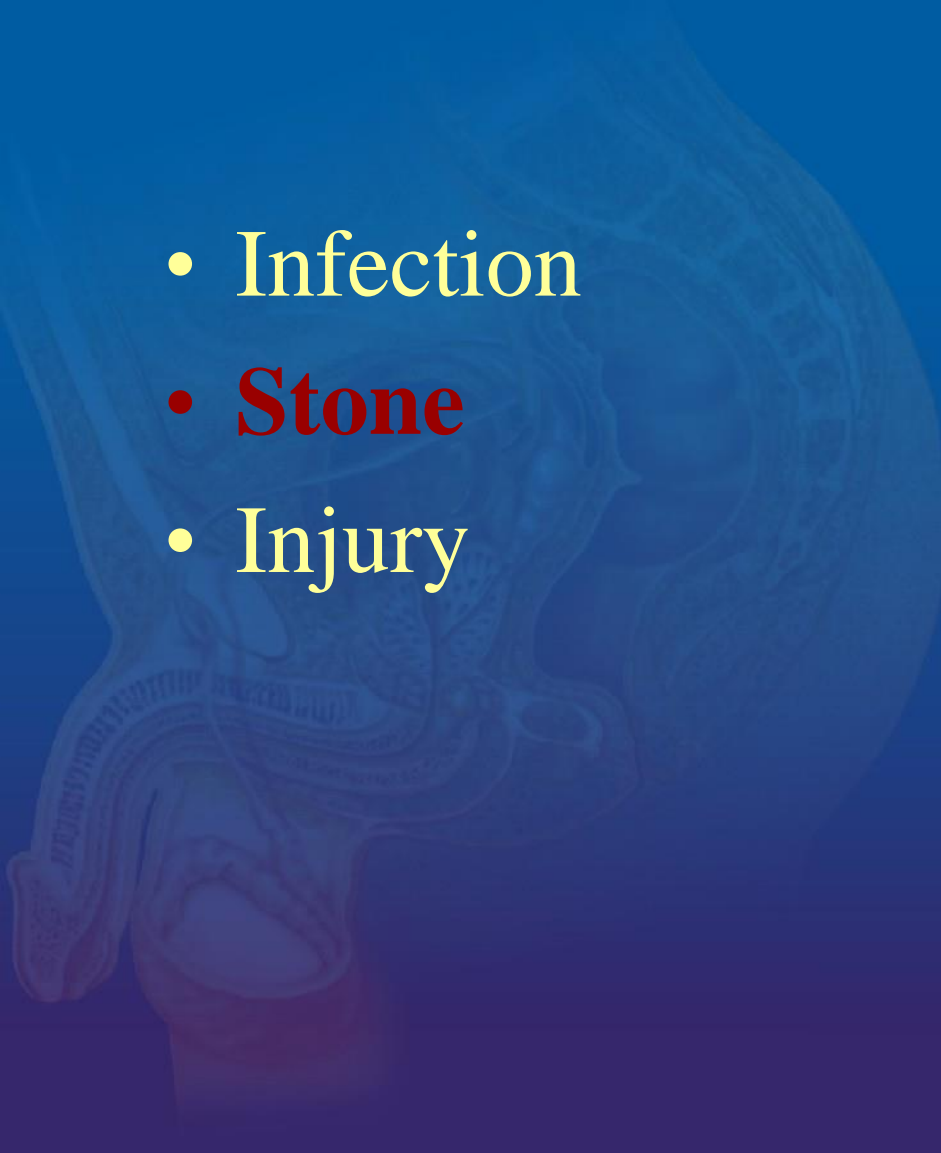
Smoking

Exposure to chemicals & Dyes etc;

Vitamin C is said to have protective role

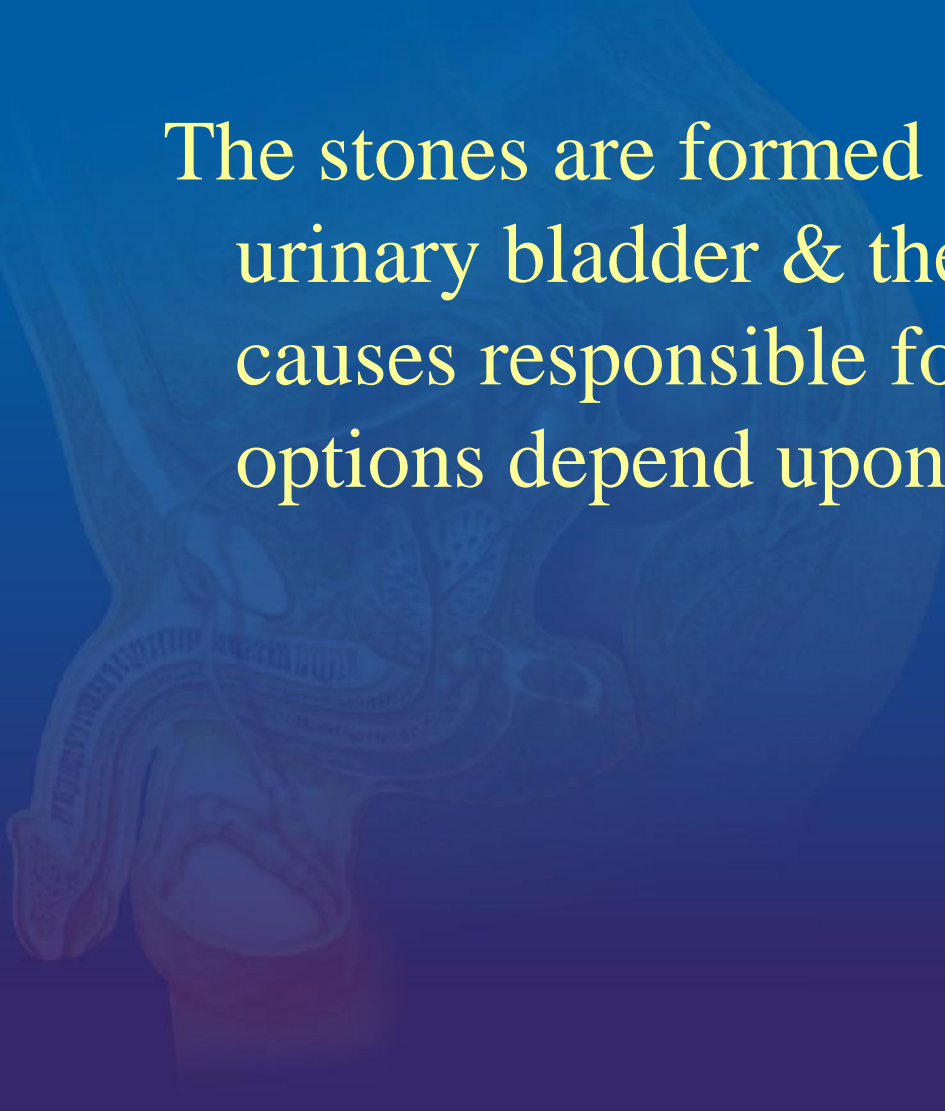
Other causes of blood in Urine

- Infection
- **Stone**
- Injury



How are stones formed & what are the treatment options ?

The stones are formed either in kidney or urinary bladder & there are numerous causes responsible for it. The treatment options depend upon number of factors.



Treatment of Urinary stones

Small Stones

- Hydration (excess fluids)
- Medicines

Medium Size Stones

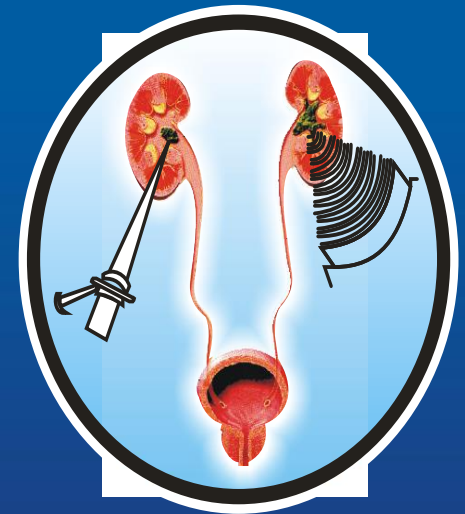
Kidney :- Lithotripsy

Ureter :- PCNL(Key-hole surgery)

URS (endoscopy through urethra)

Bladder:- CLT (removal of stone through urethra)

Large Stones :- Lithotripsy \pm PCNL



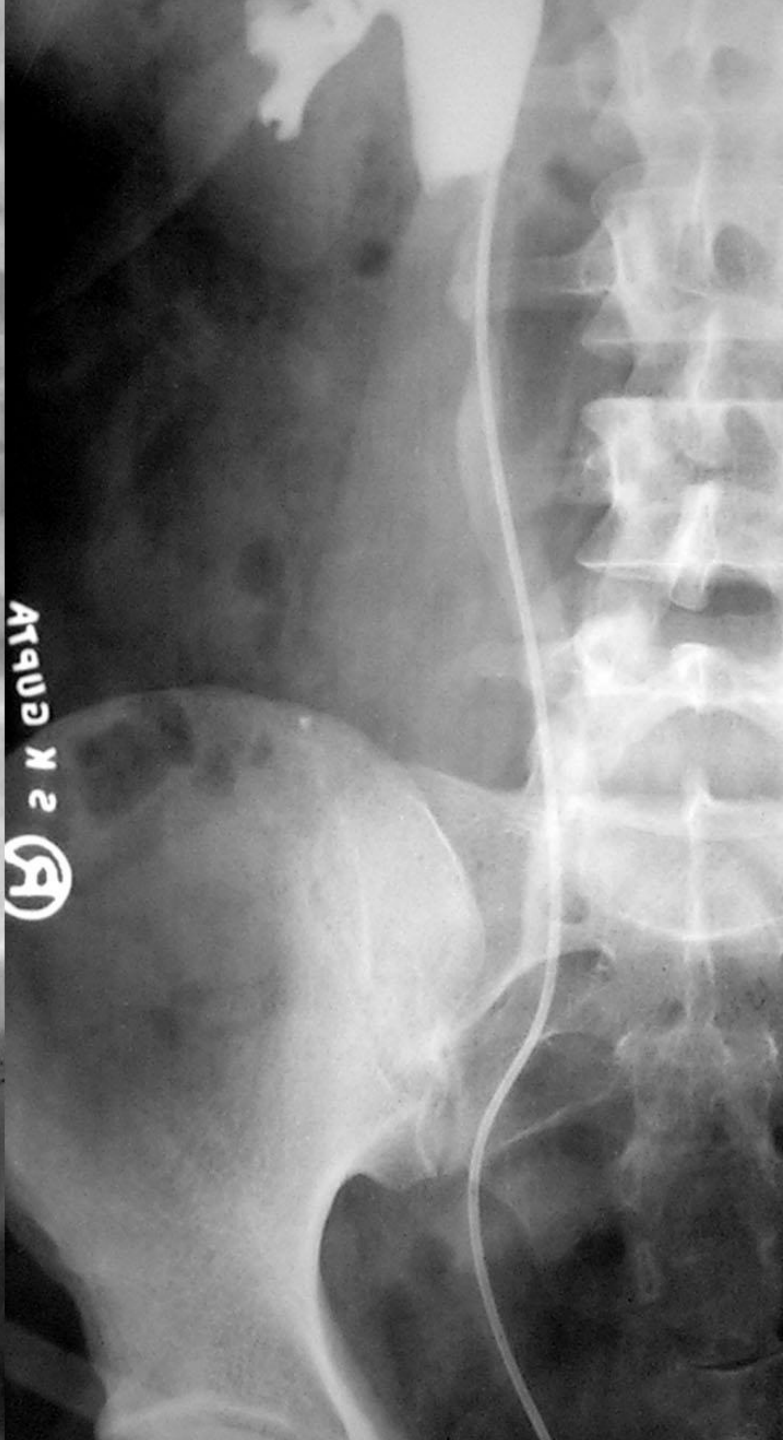
Calculus disease presenting as hematuria



Giant vesical calculus



Multiple left renal calculi



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What are the risk factors for stone disease ?

- Obesity
- High fat diet
- Low water intake
- Hot & humid climate.
- Water rich in calcium & phosphate.

What are the causes of kidney failure & how can we prevent it ?

Reversible causes

1. Stones
2. Infection
3. Obstruction
in urinary passage

Controllable causes

- Diabetes
- Hypertension
- Analgesic & Drug abuse

How to prevent kidney failure?

1. Seek prompt advice of expert.
2. Identify reversible factors & get remedial treatment.
3. Abide with the advice of expert.
4. Seek proper treatment & have regular follow ups as per directives of expert.

What are common urinary problems of females & its prevention ?

- The urinary problems of females are seen in all age groups but mainly at the time of menarche ,pregnancy & menopause because of hormonal changes.
- The mainstay of treatment is personal hygiene, proper medication & hormonal support if required.

Urinary problems in females

Another problem is that of **involuntary leak of urine** during laughing (gigle incontinence), coughing, sneezing or squatting which is fully correctable either by medicines or surgery.

Take home message

- Urinary problems can occur at any age group.
- A prompt diagnosis, thorough investigation & treatment of the disease is warranted to avoid complications.
- Even a common problem of urine infection should also not be overlooked.

Take home message

- The common symptoms are burning in urine, increased frequency, thin stream, poor flow, urine leak, blood in urine flank pain, swelling over face or limbs etc; may indicate the affection of Urinary system for which an expert must be consulted at an earliest.

Take home message

- The recent advances has practically obviated the need for open surgery & nearly all diseases are being treated either by machine (lithotripsy for stones), key hole surgery (PCNL) or even by endoscopy.
- An early institution of therapy may prevent even kidney failure.
- With the better understanding of diseases like stone, prostate & cancers dietary & other preventable measures can also be undertaken.

Drug interactions



Thank You