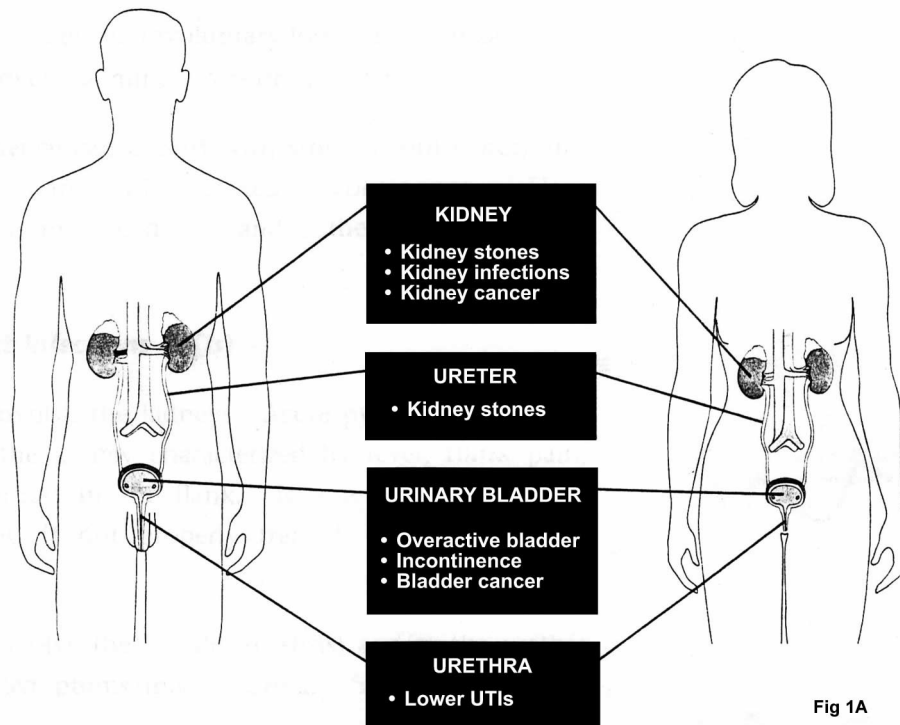


COMMON UROLOGIC CONDITIONS IN BOTH MEN AND WOMEN

The following figure shows the relationship between key parts of the male and female urinary system and common urologic conditions. These disorders are described in the following paragraphs.

Figure 1A: The Urinary System and common Urologic Conditions:



❖ **Overactive Bladder (OAB) and Incontinence**

OAB is characterized by frequent urination and the strong urge to urinate, with or without urinary incontinence. Approximately 16% of men and women suffer from OAB.

Urinary incontinence is defined as the involuntary leakage of urine. Two key types of urinary incontinence are:

- **Stress incontinence:** involuntary loss of urine associated with activities that increase pressure in the abdomen, such as coughing, sneezing, lifting and physical exertion.
- **Urge incontinence:** involuntary loss of urine associated with an overwhelming desire or urge to urinate.

Urge incontinence can coexist with stress incontinence, and together they are called mixed incontinence. Urge incontinence is more common and bothersome than stress incontinence.

❖ **Urinary Tract Infections (UTIs)**

Upper UTIs involve the kidneys. Acute pyelonephritis is an infection of the kidney characterized by fever, flank pain, and/or tenderness in the flank. It is a common, serious infection that, if not properly treated, can become life-threatening.

Lower UTIs involve the bladder (cystitis) and/or urethra (urethritis). Symptoms include urinary frequency, urgency, and dysuria. Cystitis is more common in women.

❖ **Kidney Stones**

Kidney stones (renal calculi) form when salts from urine crystallize and begin to grow in the passages of the kidney. Eventually, they may become large enough to block the urinary tract and may have to be dissolved or surgically removed.

Approximately 12 to 24 million Americans will develop a kidney stone during their lifetime. About 80% of patients with kidney stones are men. Kidney stones are most frequent in people age 30-40 years old. Unrelenting, unbearable flank pain is the major symptom of kidney stones. The pain is often accompanied by nausea and vomiting. The pain may radiate down along the course of the ureter as the stone makes its way toward the bladder.

About 75% of stones pass spontaneously and the patient requires only pain medication. Larger stones can be broken up into smaller, more easily passable pieces using lasers, ultrasound, or shock waves.

Because often develop again, urologists frequently monitor these patients on an ongoing basis. Also, patients with both obstructing stones and an infection require emergency care to prevent sepsis.

❖ **Cancers Related to the Urinary System**

The urologist plays an important role in the detection, diagnosis and treatment of cancers of the urinary system, including bladder cancer and kidney cancer

Bladder cancer is 3 to 4 times more common in men than women. The average age of people diagnosed with bladder cancer is 68 years old; however, it may occur at any age. Smoking is a major risk factor for bladder cancer. Five year survival rates for bladder cancer have improved due to the disease being detected in earlier stages and the development of more effective therapies.

Kidney cancer is difficult to detect in its early stages. The classic symptoms of kidney cancer – blood in the urine, flank pain, and a palpable mass – occur late in the course of the disease. Kidney cancer is twice as frequent in men as in women. Also, people who smoke cigarettes have twice the risk of developing kidney cancer than non-smokers.