



Don't let a urological problem slow you down.

Learn more about some common conditions and treatment options.

Your urinary system is a vital component to maintain a healthy and active lifestyle. It is important to be aware of various urologic conditions that can impact your health, including BPH, Kidney/Bladder Stones, Strictures and Tumors. In most cases, early detection is key to successful treatment and management of these conditions, so be sure to consult with your physician as soon as you begin experiencing symptoms.

When to See Your Doctor

- Pain during urination
- Blood in urine or semen
- Difficulty urinating (starting/stopping, slow stream, can't go at all)
- Frequent urination, getting up multiple times at night
- Full feeling bladder even after going
- Dark colored urine
- Discharge from urethra
- Pain in abdomen, groin, back or side
- Swelling of penis
- Incontinence

Some Common Urologic Conditions That May Affect Your Health:¹

Enlarged Prostate (BPH)

Benign (non-cancerous) enlargement of the prostate gland, also known as benign prostatic hyperplasia (BPH for short), almost every man will experience some symptoms of BPH in their lifetime.² As the prostate enlarges it cuts off the flow of urine down the urethra and results in varying symptoms. BPH is not usually life threatening but you may have found it to be embarrassing, inconvenient and uncomfortable. Symptoms* of BPH include the need to urinate often, the need to urinate suddenly, difficulty emptying your bladder completely, and difficulty sleeping due to frequent urination.

Kidney/Bladder Stones

Kidney stones are formed from salts and minerals that occur naturally in the urine, they combine to form small "pebbles." These stones can appear in a broad range of sizes, from very small (a grains of sand) or very large (golf ball). They may stay in your kidneys or travel out of your body through the urinary tract. It is sometimes referred to as "passing a stone". When a stone migrates through the ureter you may experience pain and other symptoms, including severe pain in our side, belly or groin, blood in your urine or nausea.

Tumors/Cancer

Different types of tumors may affect your urologic system, including prostate or bladder tumors. Tumors are a mass of abnormal cells; this mass of cells does not always indicate cancer, they may be benign (non-cancerous) or malignant (cancerous). Prostate cancer which targets the inner cells lining prostate gland, the prostate gland is part of the male reproductive system. Prostate cancer is typically a slower advancing cancer that is fed by male hormones. Prostate cancer is the second most commonly diagnosed non-skin

¹ These are some of the common urologic conditions that may affect your health. Your physician will diagnose individual disease and provide treatment.

² WebMD Enlarged Prostate Information and AAFP.org: Managing Benign Prostatic Hyperplasia, PAMELA DULL, M.D., et. al.

cancer in American men, who have a 17% chance of getting this type of cancer.³ Some men have an increased chance of getting prostate cancer, which is why it is important to talk to your physician today to find out if you are at risk.



Bladder cancer can affect both men and women. The bladder is where urine is stored after it has been processed by the kidneys and is part of the urinary tract. The bladder is lined with transitional cells, tumors, also known as Bladder Cancer, can arise from these transitional cells. When tumors are in the early stages and have not grown into the bladder wall, they can usually be removed by an outpatient surgical procedure. In more advanced cases, with spread of the cancer to other sites in the body, more aggressive treatment plans must be considered. Although it is not entirely clear what causes bladder cancer, more than 68,000 people in the US are diagnosed each year⁴ and it is most effectively treated when caught early.

Urethral Strictures

A urethral stricture is a narrowing in any part of the urethra (the tube that drains urine from the bladder). This narrowing limits the normal urine flow and can cause various symptoms. Urethral strictures occur primarily in men because they have a longer urethra than women do. Strictures may be caused by inflammation, surgical scar tissue, disease or injury.

Early detection is key to successfully treatment and management your disease, so be sure to consult with your physician as soon as you begin experiencing symptoms.

At the Doctors Office – Diagnosis

Your doctor will take your medical history; perform a physical exam that may include a digital rectal exam, a urine test, a prostate-specific antigen (PSA) test, blood tests and/ or an ultrasound. There may also be other tests that your physician will want to conduct during the diagnostic exam process. Your physician will be happy to explain these tests in detail. Early detection is vital, so even if you aren't experiencing any symptoms you should schedule regular checkups.

Treatment Options

Your doctor may recommend a variety of treatment depending on what disease you are suffering from. These options may range from 'wait and see', drug therapies, radiation, surgery, or some combination. Your doctor will recommend a treatment course that best fits with your individual situation and disease.

My Doctor Recommends Surgery...

It can be scary to hear that you need surgery but don't worry, talk to your doctor. There are different surgical procedures available and your doctor will be happy to explain the procedure he or she has chosen and risks associated. For example, if you have BPH, he or she may recommend that you have a holmium laser surgical procedure called HoLAP or HoLEP, these are two highly effective procedures that remove the enlarged prostate gland tissue.

Why Holmium Laser Surgery?

Holmium laser surgical procedures benefit both you and your doctor. The VersaPulse® holmium laser is a unique device that allows your doctor to perform certain surgical procedures with increased precision, smaller or no incisions, and little or no bleeding. For you it offers multiple benefits, these may include faster healing times, less post operative pain and surgery may be performed in your doctors office using a local anesthesia (dependent on recommended procedure and office setting)⁵. If you need surgery, ask your doctor if he or she will be using a VersaPulse holmium laser.

For More Information

Talk to your physician or visit www.YourUrologyHealth.com to learn more about any of the topics discussed in this flyer, read additional information on treatment options and fill out an interactive symptom checker.

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³ http://www.fightprostatecancer.org/site/PageServer?pagename=about_home#03

⁴ <http://www.cancer.gov/cancertopics/types/bladder>

⁵ Current Opinion in Urology 2007, 17:27–31, Holmium laser treatment of benign prostatic hyperplasia: an update, By: Brian R. Matlaga, Nicole L. Miller and James E. Lingeman. European urology 52 (2 0 0 7) 1465–1472, Holmium Laser Enucleation of the Prostate (HoLEP): Long-Term Results, Reoperation Rate, and Possible Impact of the Learning Curve, By: Ehab A. Elzayat, Mostafa M. Elhilali

