



UROLOGYHEALTH

extra

FALL 2015

Prostate Cancer: Living With Your Diagnosis

ALSO:

Healthy Numbers to Remember

What You Need to Know
About Interstitial Cystitis

Recipes and Exercises
for Healthy Fall Living

Facts About
Undescended Testicle

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needed to talk to my doctor.”*

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CONTENTS

2

CALENDAR OF EVENTS

September – November 2015

4

FEATURE

Prostate Cancer: Living With Your Diagnosis

10

DID YOU KNOW?

Interstitial Cystitis

12

LIVING HEALTHY

Falling Into Good Habits

14

BY THE NUMBERS

Know Your Numbers

16

MAKING A DIFFERENCE

Sam Covelli Brings Experience and Passion to the Urology Care Foundation Board of Directors

18

UrologyHealth extra, EXTRA!

Facts about Undescended Testicle

21

INSIGHTS

What Every Woman Should Know about a Man's Urological Health



4



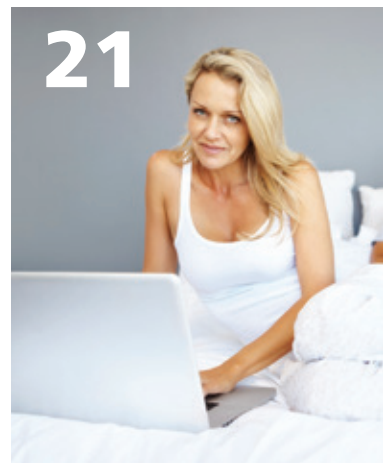
10



12



14



21



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CALENDAR OF EVENTS

September – November 2015

SEPTEMBER



Prostate Cancer Awareness Month

DID YOU KNOW?

1 in 7 men will develop prostate cancer. Your risk for being diagnosed increases to:

- 1 in 5 if you are African-American; and
- 1 in 3 if you have a family history of the disease

Learn more at:
www.KnowYourStats.org

Interstitial Cystitis Awareness Month



Labor Day

10-16

Prostatitis Week

This condition is often described as an infection or inflammation of the prostate. Learn more about this health condition at:
www.UrologyHealth.org/Prostatitis



10

NFL Season Begins

Check out the NFL and Urology Care Foundation's *Know Your Stats About Prostate Cancer*® campaign! Know Your Stats. Talk to Your Doctor! Learn more at:
www.KnowYourStats.org

20-26

Prostate Cancer Awareness Week

20 9th Annual ZERO Prostate Cancer Run/Walk

Support the 1 in 7 American men affected by prostate cancer at this family-friendly event in Baltimore, Maryland:
www.Zero prostatecancer run.org

23 First Day of Fall

24-30

BPH Week

Benign Prostatic Hyperplasia (BPH) is an enlarged prostate. Learn more about this condition by visiting:
www.UrologyHealth.org/BPH

OCTOBER

Breast Cancer Awareness Month

6-12

National Physician Assistants Week

18-24

Health Care Quality Week

19-23

National Health Education Week

Columbus Day

31

Halloween



NOVEMBER

Bladder Health Awareness Month



November

1-7

National Allied Health Professionals Week

1-7

Urology Nurses & Associates Week

On behalf of the American Urological Association, the Urology Care Foundation and the millions of patients around the world, we would like to thank all the urology nurses and associates. You deserve the highest recognition for the work you do!

11

Veteran's Day



Thanksgiving Day

26

PROSTATE CANCER: *Living* WITH YOUR DIAGNOSIS

Prostate cancer is one of the most common cancers in men in the United States, and is the second leading cause of cancer death in men. In 2015, about 220,800 new cases of prostate cancer will be diagnosed and about 27,540 men will die from the disease. The good news is that **prostate cancer can be treated successfully when found early**. There are more than 2.8 million men in the United States who count themselves as prostate cancer survivors.



Prostate Cancer 101

Prostate cancer begins in the prostate. The prostate is a small, walnut-shaped gland found only in males. It contains cells that make fluid (semen) to protect and nourish sperm. Although there are some aggressive forms of prostate cancer, most forms are slow growing. This means that most often men can take time to talk to their doctors and decide what treatment will be best for them.

Know Your Risk. Talk to Your Doctor!

Risk factors for prostate cancer include age, family history and race. One in seven men will develop prostate cancer. Your chance of being diagnosed increases to:

- **1 in 5** if you are African-American; and
- **1 in 3** if you have a family history of the disease.

In its early stages, prostate cancer often has no symptoms. More advanced prostate cancers may cause some men to experience changes in urinary or sexual function such as:

- **Problems urinating**, including painful or burning urination or a need to use the bathroom more often, especially at night.
- **Painful ejaculation.**
- **Blood in urine or semen.**
- **Pain or stiffness** in the lower back, hips, or pelvis that doesn't go away.

Because these symptoms may indicate the presence of other, more common, disorders, such as benign prostatic hyperplasia (BPH), which is an enlarged prostate, or prostatitis, which is an inflammation of the prostate, men should talk to their doctor and undergo a thorough work-up to determine the underlying cause.

Prostate Cancer Prevention

There is no proven strategy for preventing prostate cancer. But you may lower your risk of prostate cancer by making healthy choices, such as exercising and eating a healthy diet. This includes eating a diet low in animal fat and high in fruits and vegetables. It also includes aiming for 30 minutes of exercise most days of the week. Most doctors agree that, if you do things that are heart healthy, you will also help keep your prostate healthy.

Coping with a Diagnosis

It can be hard to deal with a diagnosis of prostate cancer. At first, you may feel shocked or scared. At other times, it may feel that things are out of your control. All sorts of different feelings may come and go. When you are trying to come to terms with an illness, there is no right or wrong way to feel. Everyone is different, and you will deal with things in your own way.

Try to remember that you don't have to sort everything out at once. It may take some time to deal with each step. Do ask for help if you need it though. Your health care team will know who you can contact for help. They can put you in touch with people specially trained in supporting you. There are people who can help you with information about money matters, your health care benefits and even how to talk to people about your illness. These people are there to help and want you to feel that you have support. Contact them if you need to.

Prostate Cancer Treatments and their Benefits and Risks

There are nearly 3 million men in the United States who count themselves as prostate cancer survivors. Deciding what treatment to choose can be tough. Some cancers grow so

CONTINUED ON PAGE 6 ►

CONTINUED FROM PAGE 5

slowly that immediate treatment may not be needed. But some grow faster. It is very important to get the right information about your type of cancer and how it is best treated.

Remember – no one treatment is perfect for every man. It is important for you and your doctor to talk through which treatment is best for you. You and your doctor will most likely talk about the benefits and possible side effects of each option. These effects depend on the stage and grade of the cancer. Age, general health status and lifestyle are important things you and your doctor will discuss when deciding how best to manage your illness. Common treatment options may include:

		DEFINITION	BENEFIT(S)	RISK(S)
TREATMENT OPTION	Active Surveillance	Use of tests and/or biopsies to watch the cancer	Low cost and safe Best for men with a low risk of the cancer spreading	Cancer could grow and spread between tests – this could make it harder to treat Biopsy side effects can include bleeding or infection
	Watchful Waiting	Watching without treating, and providing pain relief therapy if the cancer progresses	Low cost and no complications Best for men with other serious health problems	Cancer could grow and spread
	Radiation Therapy	Use of high-energy rays to kill cancer cells	Less invasive than surgery to treat early stage prostate cancer Also helps when prostate cancer has spread	Leaves the prostate in the body If you choose this for early treatment instead of surgery and the cancer comes back, surgery is difficult Side effects may include: – Blood in urine – Bladder or bowel problems – Erectile dysfunction
	Surgery	Surgically removing the prostate – known as a Radical Prostatectomy	Cancer is removed with the prostate	Potential complications from surgery (bleeding) Other side effects: – Erectile dysfunction – Loss of bladder control
	Cryotherapy	The controlled freezing of the prostate gland The freezing destroys cancer cells	Often little to no pain after treatment	Temporary swelling of the prostate May cause erectile dysfunction due to freezing the entire prostate
	Hormonal Therapy	Use of drugs to block or lower testosterone and other male sex hormones that fuel cancer	Can stop or slow the growth and spread of cancer	Side effects may include: – Nausea and vomiting – Hot flashes – Anemia (low number of red blood cell count) – Feeling very tired – Osteoporosis (weakening of bones) – Swollen and tender breasts – Erectile dysfunction – Hormone therapy has been linked to heart disease and increased risk of heart attack, as well as risk of developing diabetes
	Chemotherapy	Chemotherapy uses drugs to destroy cancer cells The drugs circulate in the bloodstream	The drugs kill any rapidly growing cells, including both cancerous prostate cancer cells and non-cancerous ones Best for men whose cancer is widespread	Side effects depend on the drug, the dosage and how long the treatment lasts The most common side effects are feeling very tired, nausea, vomiting, diarrhea, hair loss, change in the sense of taste and decrease in blood cell counts that result in an increased risk of infections



During and After Treatment

Prostate cancer and its treatment can sometimes cause emotional and physical changes in your body. These changes can be difficult to cope with and may affect the way you feel about yourself. Such body changes can affect your self-esteem and the way you relate to other people, especially close family and friends. It can be hard for some families to talk about cancer or share their feelings. If you are the person with cancer or a close relative of someone with prostate cancer, reach out to those friends and relatives who have a positive attitude. They can be very helpful in making you feel better.

“Most doctors agree that, if you do things that are heart healthy, you will also help keep your prostate healthy.”

NUTRITION

It's important to eat well during and after prostate cancer treatment. Sometimes cancer treatments can change whether or not you feel hungry or want to eat. It can also make the food you eat taste differently. If you eat well while you are being treated for cancer, it might help you:

- Feel better
- Keep up your strength and energy
- Better deal with side effects from treatment
- Lower your risk of infection
- Heal and recover faster

PHYSICAL ACTIVITY

Being physically active can improve how you feel both during and after prostate cancer treatment. You may have to change your regular exercise program during treatment. Some studies have shown that physical activity after a prostate cancer diagnosis is linked to living longer and lowering the chance the prostate cancer will return.

MAINTAIN A HEALTHY WEIGHT

A healthy weight may help you better handle prostate cancer treatments and also lower your chances of developing other health conditions like heart disease. If your appetite is changed by your treatment plan and you find

CONTINUED ON PAGE 8 ►

◀ **CONTINUED FROM PAGE 7**

Urology Care FOUNDATION™

*The Official Foundation of the
American Urological Association*

*Advancing Urology
through Research for 40 Years*

Thanks to you, in
2014 we provided
more than \$1 million
in new research
funding.

Your Urology Care Foundation,
Funding Answers.
Educating Patients.

yourself losing weight, you may want to work with a registered dietitian to develop a meal plan to keep your weight up.

DEALING WITH LOSS OF SEX DRIVE AND URINARY INCONTINENCE

Be honest with your doctors about what's bothering you and how your treatments are affecting your sex life. There are many medications and tools to help you keep intimacy in your life. For loss of bladder control, men may make behavioral changes, like drinking less water or fluids before bed and reducing drinks with caffeine, which tend to bother the bladder. Talk to your doctor about the best option for you. For more information on erectile dysfunction and bladder control after prostate cancer treatment, visit UrologyHealth.org/AfterPCa.

COMPLEMENTARY, ALTERNATIVE OR INTEGRATIVE HEALTH

More Americans are using non-conventional ways to help manage their health. This holds true for prostate cancer patients. Prostate cancer patients may choose these tools and practices to use along with their prostate cancer treatment. They may include naturopathy, herbal therapy, yoga, meditation, massage therapy, art therapy, guided imagery, tai chi and even acupuncture.

MENTAL HEALTH AND SOCIAL SUPPORT

At some point, you may want to speak to a mental health professional, such as a licensed social worker, clinical psychologist or psychiatrist. These professionals can help you process what you're going through and provide strategies for coping with stress. Stress management can help you fight tiredness and stay energized. Many prostate cancer patients and their loved ones also find comfort in support groups. Lastly, people in your social network want to help. Let them know what would be useful to you (e.g., a ride to an appointment, watching the kids, a meal).

Remember that you are not alone. Other people have gone through this experience. There are many helpful prostate cancer organizations that can give support and information. It can help to talk to other people who are going through similar experiences. You may be able to find people to talk to when you go for treatment appointments or through local support groups. To learn more about prostate cancer, visit: UrologyHealth.org/ProstateCancer.





About Prostate Cancer®

A program of the
Urology Care Foundation

Know Your Risk. Talk to Your Doctor.

www.KnowYourStats.org

Prostate cancer is the second most common cancer in men in the United States.

1 in 7 men will develop prostate cancer. Your risk for being diagnosed increases to:

1 in 5 if you are African American; and

1 in 3 men if you have a family history

The *Know Your Stats*® (KYS) campaign is a national public awareness initiative in partnership with the National Football League (NFL) and the Urology Care Foundation to increase awareness about prostate cancer, and raise funds for prostate cancer research and education.

Visit **KnowYourStats.org** to:

- Sign the Pledge to Fight Prostate Cancer;
- Watch the video from *Know Your Stats*®; and
- Learn more about prostate health and prostate cancer.

Or call **1-800-828-7866** to have free information mailed to you.

Help raise awareness about prostate cancer!

Follow @KnowYourStats and share our awareness messages on Facebook and Twitter.



@KnowYourStats



/KnowYourStats

A man and a woman are walking together in a park. The woman is on the left, wearing a green jacket and a patterned scarf, smiling at the man. The man is on the right, wearing a grey jacket and khaki pants, looking at the woman. They are surrounded by trees with yellow and orange autumn leaves.

Did You Know?

INTERSTITIAL CYSTITIS

About 4 million Americans suffer from interstitial cystitis (IC), a recurring uncomfortable or painful condition of the bladder.

IC is also known as painful bladder syndrome (PBS).

IC symptoms are similar to a bladder infection, but IC does not respond to antibiotics.

About 8 in 10 people with IC are women.

Symptoms of IC include:

- A feeling of discomfort or pain and pressure in the bladder area – this may get worse as the bladder fills
- Needing to go to the bathroom more often than normal during the day and night – as often as every 10 minutes
- Feeling like you need to urinate right away, even just after you went
- Pain, pressure or tenderness in the pelvic area and/or genitals
- Pain during sex

In some people, IC symptoms come and go; but for others, the problem is constant.

What Causes IC?

No one knows what causes IC.

IC seems to run in families.

Physical or mental stress can worsen the symptoms of IC.

Smoking can make the symptoms of IC worse.

Cranberry products can trigger irritation in an IC bladder. Fruits considered to be more IC-friendly include pears, mild sweet apples and blueberries.

How is IC/PBS Treated?

Diet changes, such as avoiding citrus fruits (oranges, grapefruits, lemons or limes) or spicy foods, and limiting caffeine, carbonated drinks and alcohol can help control symptoms.

Wear comfortable, loose clothing.

IC-friendly activities including yoga, Pilates and walking.

Physical therapy to relax pelvic muscles can help improve IC.

Train yourself to urinate less often once you have your pain under control.

Learn ways to control your stress, such as relaxation methods, meditation and massage.

Explore methods such as acupressure, acupuncture and biofeedback to relieve symptoms.

Oral prescription medications, nerve stimulation therapy and surgery may also help relieve symptoms of IC.

Although more research is needed to understand all aspects of interstitial cystitis, doctors and researchers are continuing to find new ways to effectively treat it.

For more information, visit:
UrologyHealth.org/IC

Living Healthy



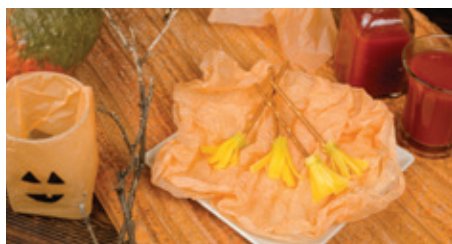
Fall Exercise Tips

As the weather cools down, you may be tempted to stay indoors. Don't let dropping temperatures keep you on the couch. Here are some ideas to stay active in the fall:

- Try **tai chi or yoga**, which you can do in grassy areas or on the patio. These low-impact activities won't be stressful on your lungs in the cold weather.
- **Gardening and raking** can keep you active in the fall air.
- Invite **friends or family members** to join your indoor workout – you will keep one another motivated.
- **Walk laps** around your local mall. Some malls open early before stores open so you can avoid the crowds.

Falling into Good Habits

Fall is filled with delicious and tempting foods, from Halloween treats to Thanksgiving feasts. You can enjoy some fall favorites even with a sensitive bladder. Here are two tasty autumn recipes:



Cheese Witch's Brooms

*Makes 1 serving (6 brooms)
Calories per serving: 360*

INGREDIENTS

- 3 slices of 2 percent Mozzarella cheese
- 6 pretzel sticks
- 6 fresh chives

PREPARATION

1. Fold each cheese slice and cut the fringes of the broom using a butter knife.
2. Roll the slice of cheese around a pretzel stick having the fringes looking down.
3. To keep the cheese around the stick, use some chive and knot it around.



Cornbread-Broccoli Stuffing

*Makes about 4 cups of stuffing
Calories per cup: 266*

CORNBREAD INGREDIENTS

- 3/4 cup cornmeal
- 3 tablespoons all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup 2 percent milk
- 3 drops vinegar (the baking soda will neutralize it, but meanwhile it will help the bread rise)
- 1 egg
- 1 tablespoon canola oil

STUFFING INGREDIENTS

- 1-1/2 tablespoons margarine
- 3/4 cup frozen broccoli (partially thaw and chop in 1/2" pieces)
- 2 slices white bread (preservative free) crust removed, torn in pieces
- 1-2/3 cups chicken broth (Campbell's Healthy Request)
- 3/4 teaspoon poultry seasoning
- 1/4 teaspoon ground sage
- 1/2 teaspoon onion salt
- 1/8 teaspoon white pepper
- non-stick cooking spray

PREPARATION

To make the cornbread:

1. Thoroughly combine the cornmeal, flour, baking powder, baking soda, and salt in a bowl.
2. Make a well in the center.
3. In a large measuring cup, whisk together the milk, vinegar, egg, and oil.
4. Pour the liquid ingredients into the well and gently stir until all is moistened.
5. Spray a 7-inch square baking dish with cooking spray.
6. Pour in the cornmeal batter and spread evenly.
7. Bake at 425 degrees F. for 20 minutes or just until golden and center springs back when touched.

To make the stuffing:

1. In a large mixing bowl, combine the cornbread (crumbled) and white bread pieces.
2. In a saucepan, over medium heat, saute the broccoli and butter until tender – do not brown.
3. Combine the sautéed broccoli with the bread mixture. Stir in chicken broth, using enough to moisten. Stir in the seasonings and blend well.
4. Spread the mixture in a large shallow baking dish measuring about 10" x 15".
5. Bake for 20-30 minutes.

KNOW YOUR NUMBERS

Begin taking charge of your health by learning these important numbers today. And work with your doctor to develop a plan of diet, exercise and medication, if needed, to maintain a healthy you!



151,781,326

Men in the United States



156,964,212

Women in the United States



78.8 years

Average life expectancy
in the United States



Females: **81.2 years**

Males: **76.4 years**

195.5

(lbs)

Average body weight
for adult men in
the United States



166.2

(lbs)

Average body weight
for adult women in
the United States

120/80 mmHg

Normal, healthy blood pressure



32.5% of adults
20 years and over have
high blood pressure.

High blood pressure can cause heart disease, stroke, kidney disease and erectile dysfunction. Men or women may have high blood pressure for many years without symptoms.

Average height:

5'8"



5'3"



Healthy **total** cholesterol level:

200 mg/dL
or lower



Healthy "good"
HDL cholesterol

≥ 50 mg/dL (women)
≥ 40 mg/dL (men)



Optimal "bad"
LDL cholesterol

< 100 mg/dL



Healthy triglycerides: Less than

150 mg/dL

Healthy blood sugar (glucose) level:

60-100 mg/dL

Diabetes is a condition in which blood sugar levels are high. It can lead to heart disease and erectile dysfunction. The A1C test is a common blood test used to tell if someone has diabetes. It also is used to gauge how well they're managing their diabetes.



Less than

25 kg/m²

Healthy body mass index



Optimal amount of exercise:
At least

30
Minutes/day

5-7
Days/week

Healthy waist circumference:
Less than

40"
Men

35"
Women



There are

897,420

professionally active physicians
in the United States, including

11,703 practicing urologists.

60-100

Beats per minute

Average resting heart rate
(the number of times your heart
beats per minute while it's at rest)

Well-trained athletes:
40-60 beats/minute



Eat less than

1,500

milligrams of sodium a day



*For more information about your urologic health, visit **UrologyHealth.org**. For information about nutrition or weight status, visit your health care provider. You may also find useful tips at: **Healthypeople.gov**.*

Sam Covelli Brings Experience and Passion to the Urology Care Foundation Board of Directors



Sam Covelli

Urology has played a very important role in Sam Covelli's life. This was his way to say thanks.

He joined the Urology Care Foundation Board of Directors in 2014. He saw it as a perfect chance to give back to the community of urology. This includes caregivers, patients and their families.

"I had a prostate issue, and when I was being treated, I had some of the best urologists in the world. I got to know some of the most compassionate urologists," he said. "It gave me a better understanding of how important urologic health is to your overall health."

Mr. Covelli said he was always treated like a person first, not just a patient. Having such a positive experience in urology led him to believe in the work of the Foundation.

"It was a relief to know I had such a great urology team beside me," he said. "I was really worried at the beginning of it all, but I'm fine now. It was just a scare. The team took care of everything before it got serious."

Richard Memo, MD, is chair of the Foundation's Board of Directors. He was a urologist for Mr. Covelli's father. Mr. Covelli is thankful for the way Dr. Memo and other urologists like him treat their patients. These experiences were key to Mr. Covelli's decision to join the Board.

"I don't join a Board for the sake of joining a Board. Their goals and mission are important to me. Our goal with the Foundation is to help people get better and live healthy lives. We want to find cures. We want people to know they are in good hands when they go to urologists," he said.

Making a Difference in Other Ways

Mr. Covelli is no stranger to giving back. He is the owner and operator of Covelli Enterprises, one of the largest restaurant franchises in the United States. Covelli Enterprises donates millions of dollars each year to support a diverse range of charities and causes.

"The philosophy of Covelli Enterprises is we believe in giving back," he said. "We've been fortunate enough to have success, and we feel it's important to give back to those in the community."

Last year, Covelli Enterprises donated more than \$23 million dollars in unsold bread product to local food banks and hunger relief agencies. These efforts have helped feed needy people in the communities where Covelli Enterprises does business.

A group of Covelli Enterprises employees volunteer at the Mid-Ohio Foodbank.





Changing Tomorrow, Together

**At Astellas, we believe we can make
a real impact on the future.**

That's why we are fully committed to developing medicines that make a difference where they're needed most, in areas like oncology, urology, cardiology and transplant. It's also why we focus on bringing together a diverse group of people with a common goal: to help transform lives. Whether it's in the office, the laboratory or the community, **we're working together to change tomorrow.**



@AstellasUS

www.astellas.us

Facts about
UNDESCENDED TESTICLE

UNDESCENDED TESTICLE IS ALSO CALLED
CRYPTORCHIDISM

CRYPTORCHIDISM IS A
PAINLESS
CONDITION

CRYPTORCHIDISM IS
CONGENITAL
(MEANING IT IS
PRESENT AT BIRTH)



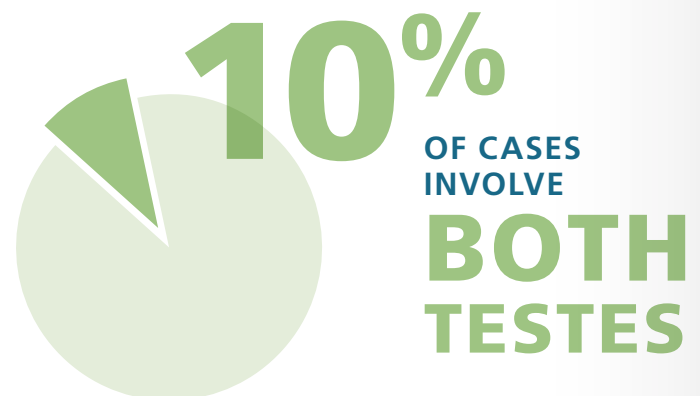
IT IS FOUND IN ABOUT



3–4% OF NEWBORN BOYS



AND UP TO **21%** OF PREMIE BOYS



IN **MOST CHILDREN**
WITH THIS HEALTH ISSUE, IT'S
NOT KNOWN WHY THE
TESTICLES FAIL TO DROP



NOT SEEING OR FEELING
A TESTICLE WHERE YOU WOULD EXPECT
IT TO BE IN THE SCROTUM IS THE
MAIN SIGN OF AN
UNDESCENDED TESTICLE

MYTH: AN UNDESCENDED
TESTICLE IS
ALWAYS OBVIOUS
IN BABIES

FACT: ABOUT **20 PERCENT** OF
CASES ARE FOUND ONCE A BOY
IS NO LONGER A BABY. ALL BOYS SHOULD HAVE
THE LOCATION OF THEIR TESTICLES CHECKED
DURING EACH ANNUAL PHYSICAL EXAM.

ALL BOYS — even those whose
testicles have properly descended — should
learn how to do a testicular self-exam when
they are teenagers to detect any lumps or
bumps that might be early signs of medical
problems

ABOUT
HALF
OF UNDESCENDED
TESTICLES DROP
ON THEIR
OWN DURING THE
FIRST THREE
MONTHS
OF LIFE



14% OF MALES
WITH AN
UNDESCENDED
TESTICLE ALSO HAD
A MALE
RELATIVE WITH
THE CONDITION



IN MOST CASES,
BOYS WITH ONE
UNDESCENDED
TESTICLE ARE STILL ABLE
TO HAVE CHILDREN OF THEIR
OWN LATER IN LIFE

For more information about cryptorchidism, visit the Urology Care
Foundation's website: UrologyHealth.org/UndTestes

Leave a Legacy

Ensure your legacy and the future of urologic research and education



Learn how a donation to the Urology Care Foundation may fit into your financial, tax or estate goals.

Planned gifts, large and small, have a powerful effect on our work to promote urology research and education.

Urology Care
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*The Official Foundation of the
American Urological Association*

Learn more at
www.UrologyHealth.org



WHAT EVERY WOMAN SHOULD KNOW ABOUT A MAN'S UROLOGICAL HEALTH

Attention ladies! You play an important part in keeping your husband, boyfriend, brother, son or friend healthy. Here are a few things you should keep in mind regarding your male loved one's urologic health.

Erectile dysfunction is often a sign of something more serious. About 70 percent of erectile dysfunction (ED) cases are caused by existing medical conditions, such as high blood pressure, diabetes, high cholesterol or heart disease. The more advanced these diseases are, the more at risk a man is for ED. In most cases, ED is treatable. If your loved one has ED, encourage him to seek medical care.

Prostate cancer is the second most common cancer in men. About 1 in 7 men will be diagnosed with prostate cancer. This number jumps to 1 in 5 if he's African-American and 1 in 3 if he has a family history of prostate cancer. Men should know their risk and talk to their doctors about whether prostate cancer screening is right for them.

Male infertility is more common than you think. In about 40 percent of infertile couples, the male partner is either the sole cause or a contributing cause of infertility.

If he has blood in his urine, pay attention. This can be a sign of a urinary tract infection, kidney stone, enlarged prostate or an early sign of bladder or kidney cancer. All men who have blood in the urine should see their doctor.

Testicular cancer is the most common cancer in men ages 15 to 35. Although there is nothing to prevent testicular cancer, if the cancer is caught early, there is a high cure rate. Signs of testicular cancer include persistent pain or a bump in the testicular area.

Finally, if they are going to the bathroom more than three times each night, they should be seen by a doctor. This could be a sign of a prostate or bladder problem, or potentially something more serious.

For more information about men's urologic health, visit: UrologyHealth.org

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