

UROLOGYHEALTH

extra

SPRING 2015

Helping You Through Change

What Women Should Know About
Their Urologic Health as They Age

ALSO:

Infertility By the Numbers

What You Need to Know
About Testicular Cancer

Fertility-Boosting Seasonal Recipes

Managing Stress

A photograph of a middle-aged Black man with grey hair, smiling broadly while riding a bicycle. He is wearing a light pink short-sleeved button-down shirt with decorative embroidery on the chest and blue jeans. The background is a soft-focus outdoor scene with green foliage.

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gave me the information I
needed to talk to my doctor.”*

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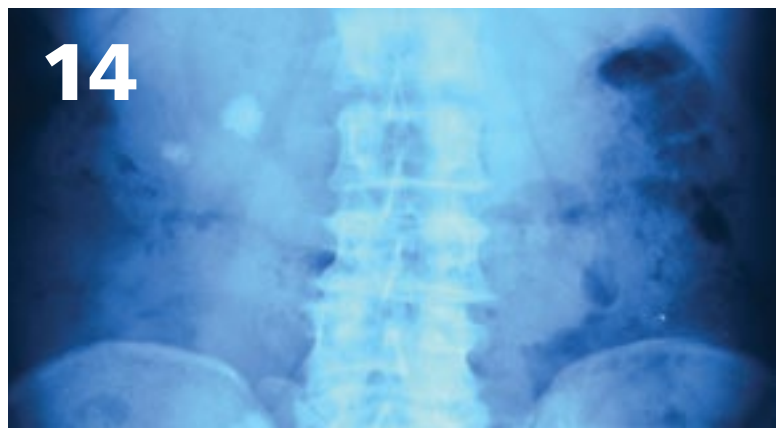
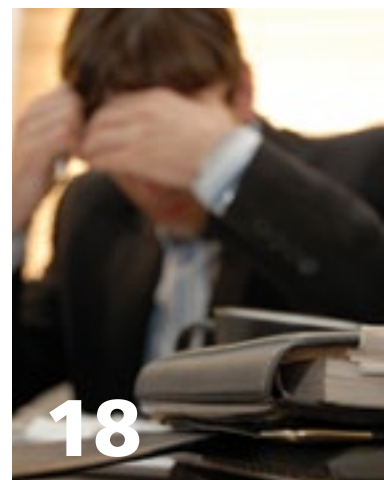
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CALENDAR OF EVENTS

March – May 2015

MARCH



National Kidney Month

National Colon Cancer Month



National Nutrition Month

8-14

National Patient Safety Week

12

World Kidney Day

On March 12, 2015, we invite you to drink a glass of water to celebrate your kidneys. This is an easy way to remember that kidneys are important and should be taken care of.

28

RESOLVE's 7th Annual Arizona Walk of Hope

RESOLVE: The National Infertility Association

30

National Doctor's Day

APRIL



Testicular Cancer Awareness Month



World Health Day

6-12

National Public Health Week

Join the American Public Health Association as they celebrate 20 years organizing National Public Health Week.

Get involved and sign the pledge today to create a healthier nation: www.apha.org/2030

RESOLVE's 3rd Annual Texas Walk of Hope

19-25

National Infertility Awareness Week

MAY

Walk for Bladder Cancer

Bladder Cancer Advocacy Network

6-12

National Nurse's Week



Mother's Day

Studies show hugging can help build your immune system, lower your risk of heart disease, and lower levels of stress hormones in women. So go ahead, and hug your mom or someone close to you today.

10-16

Women's Health Week

15-19

American Urological Association Annual Meeting in New Orleans, LA

27

National Senior Health and Fitness Day

HELPING YOU THROUGH *Change*

What Women Should Know About Their Urologic Health as They Age

Middle age is a time of great change for women, both in their personal lives and in their bodies. Many women begin to shift their focus from balancing work and raising a family to focusing more on their work lives and planning for how to spend the next 25 years. At the same time, their bodies are also going through changes. The most obvious is menopause. But during these years, women also face a greater risk of developing high blood pressure and diabetes. All of these changes can increase a woman's chance for having urologic health issues. These include kidney and bladder problems such as urinary tract infections, incontinence, kidney stones and even kidney disease.

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Urinary Tract Infections

Urinary tract infections (UTI) are common in women. They account for more than six million visits to doctors' offices per year in the United States. While women can have a UTI at any age, women often get UTIs after menopause. "When women go through menopause, they have less estrogen. This causes changes in the urinary tract and raises their risk of UTIs," explains Lara MacLachlan, MD, urologist at Lahey Hospital and Medical Center in Burlington, MA. "This lack of estrogen allows the bad bacteria to overgrow and overpower our good bacteria, which makes women more likely to get UTIs."

Other risk factors for UTIs include:

- Having kidney or bladder stones, which can hide the bacteria that causes infection.
- Diabetes, which can cause the bladder muscle to weaken and lead to UTIs.
- Not fully emptying the bladder.

Drinking plenty of liquids, especially water, may cut down on your chance for getting a UTI. Many women believe drinking cranberry juice will lower their chance of UTIs. "Unfortunately, there's only mediocre evidence

for this," Dr. MacLachlan notes. "Many women also drink cranberry juice cocktail thinking it will help. But it doesn't have enough real cranberry juice in it to make any difference," she adds.

For post-menopausal women with repeat UTIs (two or more infections within a six-month period), the problem can often be treated with topical estrogen cream.

For more information on UTIs, visit www.UrologyHealth.org

Incontinence

Urine leakage is a problem for millions of American women. There are two main types of incontinence:

- **Stress incontinence** (leaking urine when you cough, laugh, sneeze, lift something heavy, or exercise); and
- **Overactive bladder** (when you start leaking urine before you can make it to the bathroom).

Younger women tend to get stress incontinence, which is more common after childbirth. As women enter their 60s, their risk of overactive bladder increases. As with UTIs, menopause may play a role, Dr. MacLachlan notes. "The lack of estrogen in the tissues that support the urinary tract may contribute to a woman's incontinence," she says.



“When women go through menopause, they have less estrogen. This causes changes in the urinary tract.”

There are several lifestyle changes that can help with incontinence. They include:

- Reducing food and drink that irritate your bladder, especially caffeine products.
- Going to the bathroom at timed breaks, such as every two to three hours.
- Learning how to do Kegel exercises to build pelvic floor muscle strength. This helps hold urine inside the bladder and prevent leaks.
- Quitting smoking. Chronic coughing caused by smoking can put pressure on the pelvic floor muscles and cause urine to leak.
- Losing weight. Extra weight increases pressure on your bladder and pelvic floor muscles. This weakens them and allows urine to leak out when you cough or sneeze.

If these lifestyle changes don't help enough, talk to your healthcare provider about your leakage. Depending on the kind of incontinence you have, there are other treatments that can help. For Stress Urinary Incontinence (SUI), several different surgeries can help.

For more information on SUI, visit www.UrologyHealth.org/SUI

To treat Overactive Bladder (OAB), there are a number of drug options. If drugs don't work, your doctor may

recommend onabotulinumtoxinA (Botox®) injections into the bladder, a “bladder pacemaker” or nerve stimulation.

For more information on OAB, visit www.UrologyHealth.org/OAB

Kidney Stones

Men are more likely than women to have kidney stones. Yet, the number of women with stones has increased in the past 10 years. This may be connected to the rise in obesity in women compared to men (obesity is a known risk factor for kidney stones).

Kidney stones tend to develop in midlife. They develop in the urinary tract, and can grow and change location within the kidney. Stones often begin causing symptoms when they block urine flow from the kidney to the bladder. This is often very painful.

A person who has had a kidney stone also has a 50 percent chance of getting another one. The best way to avoid getting another stone is by drinking plenty of fluids. If you have had kidney stones, you should:

- Drink 10 10-ounce glasses per day of any liquid.
- Reduce sodium in your diet. More sodium increases calcium levels in the urine, which can raise the risk of stones forming.

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◀ CONTINUED FROM PAGE 7

- Eat plenty of fruits and vegetables.
- Have three to four servings of calcium-rich products a day. Even though calcium in your urine increases your risk of getting stones, calcium in your diet can protect against stones.

For more information on kidney stones and preventing stones through diet, visit www.UrologyHealth.org

Kidney Disease

As women reach their 50s and 60s, their risk of kidney disease increases, explains Janice Zaleskas, MD, a kidney specialist at Lahey Hospital and Medical Center. “Kidney disease becomes more common as women age. This is because conditions such as high blood pressure and diabetes, which affect the kidneys, also become more common,” she says. Dr. Zaleskas notes that more women are living with kidney disease.

The kidneys remove waste and extra fluid from the blood. In a person with kidney disease, the kidneys don’t work as well as they should, and may even stop working altogether. Kidney disease is called a ‘silent disease’ as there are often no warning signs. Kidney disease can be very dangerous if it is not treated.

The best way to keep the kidneys in good shape as you age is to live a healthy lifestyle. Eat a healthy diet and exercise. Both can help prevent kidney disease and the major risk factors that lead to it. Eating a low-sodium diet and getting exercise will make a difference. “Any exercise that raises your heart rate is good,” Dr. Zaleskas says. For women with kidney disease, weight-bearing exercise such as walking is very good for keeping bones strong. That’s important because women with kidney disease are at an even greater risk of osteoporosis (bone weakening) than other women who have gone through menopause. Remember, kidney disease can be serious, but early detection and proper treatment can increase the life of your kidneys.

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Living Healthy

A photograph of a baby with light hair and blue eyes, wearing a black and white striped shirt, sitting in tall green grass. The baby is looking up and to the right with a happy expression. The background is a soft-focus green, suggesting a garden or park setting.

Baby, It's Spring!

Signs of life are budding all around us as we enter spring. The season of Spring represents fertility, renewal, rebirth, and the shedding of old patterns to make way for the new. Fruits and vegetables are plentiful and fresh, which is great news for couples trying to have a baby. That's because a well-balanced diet with fruits, vegetables, nuts and whole grains can help improve fertility.

One recent study suggests orange and yellow produce, particularly carrots, can increase the quantity and quality of sperm. Another study found men who ate about 2/3 cup of walnuts each day for three months had better sperm quality and movement. Cutting down on saturated fat may help improve male fertility, too. Sticking with a whole-body approach that includes eating a healthy diet, losing those extra pounds, drinking less alcohol and coffee and getting enough sleep is the best way to keep those sperm healthy and moving.

Here are three easy-to-make, fertility-boosting recipes that include lots of fresh vegetables. Try the Cucumber-Carrot Salad, which is also healthy for your kidneys!



Spinach and Red Pepper Omelette

Makes 1 Serving

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 red bell pepper, deseeded and diced
- 1 large handful fresh spinach, rinsed and stemmed
- 3 free range eggs
- Salt and pepper, to taste

PREPARATION

1. Heat the olive oil in a pan over a medium heat.
2. Add the red pepper, and sizzle for a couple of minutes until lightly charred.
3. Add the spinach and cook for 20 – 30 seconds until lightly wilted, then transfer the contents of the pan to a small bowl.
4. Return the pan to the heat and add a little more olive oil if necessary.
5. In a bowl, whisk together the eggs with a little salt and pepper.
6. Pour into the pan, and cook for 30 – 45 seconds before flipping

the omelette with a spatula.

7. Cook for a further two minutes on the other side, before checking that the face down side is well coloured.
8. Pour the red pepper and spinach mixture onto one side of the omelette, before folding in half so that it becomes a 'filling'.
9. Cook folded for a further minute, before serving.



Cucumber-Carrot Salad

Makes 4 servings

INGREDIENTS

- 1/4 cup unseasoned rice vinegar
- 1 teaspoon sugar
- 1/2 teaspoon olive oil
- 1/8 teaspoon black pepper
- 1/2 cucumber
- 1 cup carrots
- 2 tablespoons green onion
- 2 tablespoons red bell pepper
- 1/2 teaspoon Italian seasoning

PREPARATION

1. Combine rice vinegar, sugar, olive oil and black pepper in a medium bowl. Stir with a whisk.
2. Cut the 1/2 cucumber in half vertically, remove seeds and slice. Slice carrots and green onion. Finely chop bell pepper.

3. Add carrots, onion, red bell pepper, cucumber and Italian seasoning to vinegar mixture; toss to coat.
4. Cover and chill 30 minutes.



Avocado and Prawn Salad

Makes 4 Servings

INGREDIENTS

- 24 cooked prawns
- 2 avocados, halved, stones removed, peeled, thickly sliced
- 1 cucumber, trimmed, peeled into ribbons
- 1 1/2 tablespoons fresh lime juice
- 1 1/2 teaspoons brown sugar
- 1 1/2 teaspoons fish sauce
- 1/2 cup fresh coriander sprigs

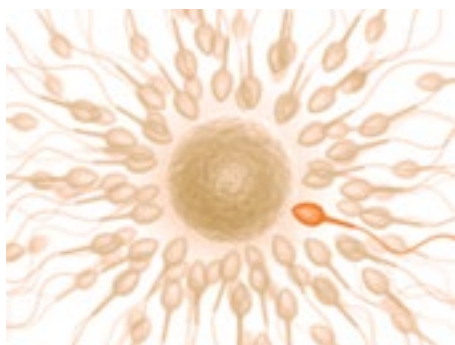
PREPARATION

1. Peel and devein the prawns, leaving tails intact.
2. Divide the avocado, prawns and cucumber among serving bowls.
3. Combine the lime juice, sugar and fish sauce in a small bowl. Whisk together until the sugar dissolves.
4. Drizzle the lime dressing over the Avocado and Prawn Salad. Top with coriander sprigs, season with pepper and serve.

INFERTILITY

By the Numbers

Infertility is when you cannot get or stay pregnant after trying for at least a year. If you are a woman over age 35, you should talk to your health care provider after six months of trying.



100 million

Average number of sperm cells released during normal ejaculation. Of these, only 1 sperm wins the race to fertilize the egg.

10 – 12 weeks

Time it takes for a man's body to make sperm.



Unlike women, who are not able to naturally get pregnant after menopause, men can produce sperm and be fertile throughout their life.



♂
1/2

About
of infertility cases can be
linked to the male.

Men with less than
20 million

sperm per milliliter of semen may
have a higher chance of infertility.



353,000

UNICEF estimates an average of
babies are born each day around the world.

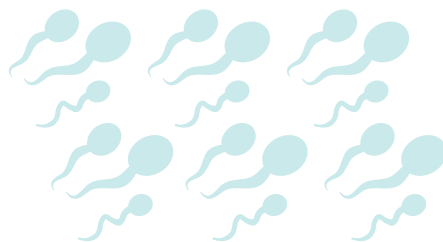


Up to

5 days

Length of time sperm can live for inside a woman's body

Temperature is a vital factor in making sperm. The testes need to be several degrees cooler than the rest of the body. Even a few degrees difference can impact sperm count.



More than

500 billion

Number of sperm produced during an average man's lifetime.



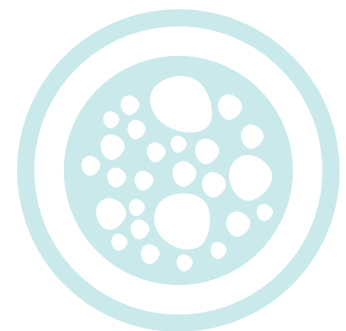
1 in 6

Number of adult couples who are infertile, according to a 2013 report in *Fertility & Sterility*.



5 micrometers

The normal size of a sperm cell (not counting its tail) – the smallest cell in the human body.



120 micrometers

The normal size of an ovum, or egg – the largest cell in the human body.

Most popular baby names in the United States over the last 5 years:



Jacob

Sophia

THIS TOO SHALL PASS



More than a million kidney stone cases are diagnosed in the U.S. each year.

Nephrolithiasis is the medical term for kidney stones.

Although stones occur more frequently in men, the number of women who get them has been increasing over the past 10 years.

An estimated 10 percent of Americans suffer from kidney stones at some point in their lives.

Stones can be as small as a grain of sand or as large as a pearl. Some stones are even as big as golf balls.

If you have a parent or sibling who has had kidney stones, you may be at higher risk yourself.

Kidney stones come in virtually any color; but most are yellow to brown.

If a person forms a stone, there is a 50 percent chance they will develop another one.

The best way to prevent kidney stones is to drink more liquids—especially water. If you tend to form stones, you should try to drink 2 to 3 liters of fluid a day.

Most stones pass out of the body without treatment.

For those who need treatment, the most frequently used procedure is called Shock Wave Lithotripsy. A machine called a lithotripter directs shock waves through skin and tissue until they hit the kidney stones. The impact causes stress on the stone. Repeated shock waves cause more stress, until the stone eventually crumbles into small pieces and is passed out of the body in urine.

In 2006, Star Trek actor William Shatner sold a kidney stone he passed the year prior for \$75,000 on eBay. The money raised was donated to charity.

Both dogs and cats are susceptible to kidney stones. Some breeds of dog are more susceptible to certain types of kidney stones than others. Kidney stones containing calcium and oxalic acid are more likely to be found in Lhasa Apsos, Yorkshire Terriers, and Miniature Poodles. Kidney stones containing uric acid are more common in Dalmatians, Yorkshire Terriers, and English Bulldogs.

Between 2001 and 2006, 14 American astronauts developed kidney stones during space missions.

In 1724, Sir Isaac Newton recorded that he passed two small pea sized kidney stones.

WHAT YOU NEED TO KNOW ABOUT TESTICULAR CANCER



TESTICULAR
CANCER IS THE
**MOST
COMMON**

CANCER IN YOUNG MEN
AGED 15 – 35 YEARS.

TESTICULAR CANCER MOST
OFTEN DEVELOPS IN YOUNG
MEN. BUT IT CAN OCCUR IN
OLDER MEN AS WELL. IT IS
A VERY TREATABLE CANCER
THAT CAN OFTEN BE CURED.



AROUND THE WORLD, THE CHANCE OF GETTING THIS DISEASE IS
HIGHER IN MEN LIVING IN THE UNITED STATES AND EUROPE. IT IS
LOWER IN MEN LIVING IN AFRICA OR ASIA.

ABOUT

8,430

NEW CASES OF TESTICULAR
CANCER ARE DIAGNOSED EACH YEAR.

1 IN EVERY 270

MEN WILL GET THE DISEASE.



THIS MEANS, ON AVERAGE,
A NEW MAN HEARS, "YOU
HAVE TESTICULAR CANCER"
**EACH HOUR OF
EACH DAY OF
EACH YEAR.**

Risk Factors:



WHITE MEN ARE ABOUT

4-5x

MORE LIKELY TO GET TESTICULAR CANCER
THAN AFRICAN-AMERICAN MEN.

White men are also more than 3 times more likely to get testicular cancer than Asian-American men.

SCIENTISTS DO NOT KNOW WHAT CAUSES TESTICULAR CANCER. SOME FACTORS THAT MAY INCREASE A MAN'S RISK INCLUDE:

1. Born with an undescended testis (at least one testicle didn't drop into the scrotum)
2. Family history (father or brother with testicular cancer)
3. Had testicular cancer before



THERE IS NO KNOWN LINK BETWEEN TESTICULAR CANCER AND INJURY TO THE TESTICLES.

GROIN STRAINS, HOT BATHS AND WEARING TIGHT CLOTHES DO NOT SEEM TO CAUSE THE DISEASE EITHER.

How to do a Testicular self-exam:

Boys can start doing monthly testicular self-exams during their teen years. The best time to examine your testicles is right after a hot bath or shower. The scrotal skin is most relaxed at this time, and the testicles can be felt more easily. The exam should be done while standing and only takes a few minutes.

- Look for swelling in the scrotum
- Gently feel the scrotal sac to find a testicle
- Examine the testicles one at a time by firmly and gently rolling each testicle between the thumb and fingers of both hands to examine the entire surface
- Note that it is normal for one testicle to be a little bigger than the other. It is also normal to feel a cord-like structure (the epididymis) on the top and back of each testicle

IF YOU FIND A LUMP, SWELLING OR ANY OTHER CHANGES, GET IT CHECKED OUT RIGHT AWAY.

For more information about testicular cancer or self-exam, visit the Urology Care Foundation's website: UrologyHealth.org. Our testicular cancer fact sheet is available at UrologyHealth.org/TesticularCancerFS



MANAGING STRESS

Did you know 77 percent of people regularly experience physical symptoms caused by stress? Whether it is caused by work, money, relationships or something else, it happens to everyone at some point in their life.

Stress can have both a negative and positive impact on our lives. In small doses, stress can make us more alert, which improves our performance. In large doses, stress has been linked to such health issues as heart disease, high blood pressure, kidney stones and even erectile dysfunction. Learning healthy ways to manage stress will allow you to avoid the health consequences it can cause.

Below are some tips to help decrease stress levels:

Exercise.

Exercising helps the brain release feel-good chemicals allowing your body to deal with the stress. It is important to exercise for at least 30 minutes, three times a week.

Sleep.

The average adult needs 8 hours of sleep a night to recharge the mind and body.

Relax.

Add a designated time in your daily schedule to rest and recharge. This could include going for a walk, calling a good friend or listening to music.

Eat healthy.

Avoid consuming excess caffeine and sugar. These just provide temporary energy followed by a crash in mood and energy. Well-fed bodies are able to better handle the effects of stress.

Veteran MLB Umpire and Testicular Cancer Survivor Gives Back through the Urology Care Foundation

Longtime Major League Baseball (MLB) umpire John Hirschbeck knows the uneasy feeling that comes with having a urologic health scare. He has overcome serious threats to his own urologic health on more than one occasion. Each time, his strength, family, friends and the quality of care he received, has kept him positive and allowed him to get through it.

Hirschbeck, a member of the Urology Care Foundation Board of Directors, was first diagnosed with testicular cancer in 2009. The tumor was removed, but he was told there was a five percent chance of the cancer returning. Then in 2010, two weeks after an abnormal blood test result, he learned he needed a prostate biopsy. Knowing there was a chance he had prostate cancer, Hirschbeck made the decision to get behind home plate and umpire what would turn out to be an historic playoff game in Philadelphia. That night Roy Halladay threw the second "no-hitter" in MLB's postseason history.

"When you're on the field for those three hours, nothing can get to you. You're in the zone," Hirschbeck said. "I have the other 21 hours of the day to deal with the other stuff." After working the World Series that season and receiving his biopsy test results, he learned he did not have prostate cancer.

Then, a little more than two years after his first diagnosis, John found himself in his doctor's office with severe lower back pain. After a brief check, he was sent straight to the hospital where he learned a large cancerous tumor was pushing on his kidney. He was put on dialysis for three days. His tumor was removed, and with the help of his family and caregivers, his body successfully fought testicular cancer once again.

"In each of my experiences with urology, I felt so taken care of - even when I was afraid," Hirschbeck said. "As difficult as everything was at times, the medical staff made an impact on me. The care and compassion I received from them gave me hope and made me feel better," he added.

When asked to join the Urology Care Foundation's Board of Directors in 2014, he was thrilled to be able to help out. "I jumped on the opportunity as a way to get involved and give back. It is a way I can possibly help someone who might have to go through the same thing I did," he stated. Hirschbeck and his family have been involved with donating their time and money to charities for more than 20 years.

Hirschbeck will enter his 33rd season umpiring the big leagues in 2015. He has umpired in MLB All-Star Games and four World Series. In addition to Halladay's "no-hitter," Hirschbeck has been the home plate umpire for some of the most historic baseball moments in recent years. He umpired Barry Bonds' record-breaking 756th home run in 2007 and Mariano Rivera's all-time best 602nd save in 2011.

As a cancer survivor, Hirschbeck said he takes nothing for granted, "I go out, do the best I can, enjoy each day and appreciate everything I have."

Mark Teixeira and John Hirschbeck
Photo courtesy of Keith Allison





Dr. Peter N. Bretan, Jr.
Photo courtesy of Captured Memories Photography

Urologist and former Research Scholar Wins Award for a Lifetime of Charity Work

It's not every day you meet a former Urology Care Foundation Research Scholar who is a former child farm laborer with a black belt.

Dr. Peter N. Bretan, Jr. is all of those things. He is also a urologist and kidney transplant surgeon. He has been serving the needs of people his whole life.

This past fall, the American Medical Association (AMA) awarded Dr. Bretan with the *Benjamin Rush Award for Citizenship and Community Service* for his outstanding work in renal transplant surgery and urology, in addition to his disaster relief efforts around the globe. He is the founder of Life Plant International, a charitable organization that promotes disaster preparedness, organ donation and early disease screening worldwide. He was also a lead surgeon for Hurricane Katrina relief in 2005, as part of "Team Orleans."

As a child of Filipino immigrants, he found his career goal at 8-years old. This was when a doctor from University of California, Los Angeles performed an innovative surgery to save his father's life. "I looked at surgeons as angels, as heroes," he said. "It was my focus to be a surgeon after seeing my father's life saved. I never forgot my roots after that."

In 1987, Dr. Bretan earned what is now known as a Urology Care Foundation Research Scholarship.

"When I was applying for the urology residency at University of California, San Francisco, the chairman at the time (Dr. Emil Tanagho) asked me why I wanted to be a surgeon. I told him to save lives. And he told me if I entered research I might develop a vaccine and save thousands of lives. The sky would be the limit."

"I looked at surgeons as angels, as heroes."

“[Dr. Tanagho] told me if I entered research I might develop a vaccine and save thousands of lives. The sky would be the limit.”



With Dr. Tanagho’s wisdom, Dr. Bretan joined academic research. Today, Dr. Bretan is very active in health policy as part of his leadership roles at the AMA and California Medical Association.

“The research scholarship taught me to be a basic scientist and gave me the discipline to analyze scientific data. I think this background makes me who I am today,” he said. “Health policy is where I think I can save the most lives right now.”



Dr. Bretan served as lead surgeon in the high ranking military team, Team Orleans, after Hurricane Katrina in 2005.
Photos courtesy of Captured Memories Photography



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

**Your Urology Care Foundation,
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Educating Patients.**

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