

PROSTATE CANCER

Prostate cancer is cancer that occurs in the prostate, a small walnut-shaped gland in men that produces the seminal fluid that nourishes and transports sperm. Prostate cancer may cause no signs or symptoms in its early stages, therefore screening is required.

SCREENING OPTIONS INCLUDE: prostate-specific antigen (PSA) test done on blood, digital rectal examination, or a urine test.

ADVANCED SYMPTOMS INCLUDE: trouble urinating, decreased force in the stream of urine, blood in semen, discomfort in the pelvic area, bone pain, or erectile dysfunction.

TREATMENT OPTIONS INCLUDE: radical prostatectomy surgery, brachytherapy (radioactive seeds in the prostate), external beam radiotherapy, chemotherapy and androgen deprivation therapy (ADT).

TESTICULAR CANCER

Testicular cancer occurs in the testicles (testes), which are located inside the scrotum, a loose bag of skin underneath the penis. The testicles produce male sex hormones (testosterone) and sperm for reproduction.

SYMPTOMS INCLUDE: painless lump/enlargement in either testicle, feeling of heaviness in the scrotum, dull ache in the abdomen/groin, sudden collection of fluid in scrotum, pain/discomfort in a testicle or scrotum, enlargement or tenderness of the breasts, or back pain. Diagnosis is made on the basis of an ultrasound and blood tests.

TREATMENT OPTIONS INCLUDE: surgery, radiation therapy, chemotherapy, high-dose chemotherapy & stem cell transplant.

LOWER URINARY TRACT SYMPTOMS (LUTS)

LUTS describes symptoms related to problems of the lower urinary tract (bladder, prostate & urethra). LUTS are broadly grouped into voiding (obstructive) symptoms or storage (irritative) symptoms.

VOIDING SYMPTOMS INCLUDE: weak stream, straining to urinate, irregular stream, and a stop/start stream.

STORAGE SYMPTOMS INCLUDE: feeling an urgent need to urinate, short time between needing to urinate, waking from sleep to pass urine two/more times during the night, uncontrolled loss of urine.

TREATMENT OPTIONS: medication or surgery, depending on the severity.

ERECTILE DYSFUNCTION (ED)

ED (impotence) is the inability to get and keep an erection firm enough for sex. ED can be caused by a range of factors like the brain, hormones, emotions, nerves, muscles, blood vessels, stress and mental health. ED is usually treatable, most commonly by a tablet taken before sex. ED can occur at any age, but becomes more common with increasing age.

UROLOGY AND MEN'S HEALTH



CONTACT

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UROLOCARE HOSPITALS

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THE UROLOGY HOSPITAL

THE MALE REPRODUCTIVE SYSTEM

The reproductive system in a man is a network of external and internal organs that function to produce, support, transport, and deliver viable sperm for reproduction. The external organs consist of the penis (releases sperm & urine), testicles (produces sperm), scrotum (protects testicles), and epididymis (carries and stores sperm). The internal organs consist of accessory sex glands that produce special fluids, which are added to sperm as it travels through the ducts. Together the liquid is known as semen.



VASECTOMY

Vasectomy is the operation to cut the vas deferens, which is the tube that takes sperm from the testes to the penis. Sperm are produced in the testes. Once the vas deferens is cut, sperm can no longer get into the semen that is ejaculated during sex. The operation takes approximately 15 minutes. Before considering having unprotected sex, it is important to have a semen analysis done to establish if there are still viable sperm. This can occur up to three months after your surgery.

PRIAPISM

Priapism is a persistent, usually painful, erection that lasts for more than four hours and occurs without sexual stimulation and is not relieved by an orgasm.

CAUSES INCLUDE: blood disorders such as sickle cell anaemia, medications, and recreational drugs like cocaine.

TREATMENT OPTIONS: drainage of the blood in the penis, medication or surgery.

CIRCUMCISION

A circumcision is an operation to remove the foreskin (the skin covering the glans of the penis). It is mostly done in babies and young children but can be done at any age. The classic operation involves cutting off the foreskin and stitching back the remaining skin. The affected area will be bruised and swollen for 2 to 3 weeks, and urination may be painful for a few days or weeks.

KIDNEY STONES

The kidneys remove waste and fluid from blood to make urine. Kidney stones (hard, rock-like deposits) develop when there is too much waste and urine is too concentrated. If you have a very small kidney stone, you may not have any symptoms, and may never know that you had a kidney stone. Your doctor may tell you to take pain medicine and drink plenty of fluids to help push the stone through your urinary tract. If your kidney stone is large, or if it is blocking your urinary tract, additional treatment may be necessary.

SYMPTOMS INCLUDE: pain while urinating, blood in your urine, sharp pain in back/lower abdomen, nausea and vomiting.

TREATMENT OPTIONS: drinking water, pain medication, medical therapy, extracorporeal shock wave lithotripsy (ESWL), or surgery.



ACUTE PROSTATITIS

Acute bacterial prostatitis is an acute infection of the prostate gland that causes pelvic pain and urinary tract symptoms, such as dysuria, urinary frequency, and urinary retention, and may lead to systemic symptoms, such as fevers, chills, nausea, vomiting, and malaise.

TREATMENT OPTIONS: antibiotics, alpha blockers, anti-inflammatory agents and in severe cases surgery.

MALE INFERTILITY

Male infertility is any health issue in a man that lowers the chances of his female partner getting pregnant. A man's fertility generally relies on the quantity and quality of his sperm. If the number of sperm a man ejaculates is low or if the sperm are of a poor quality, it will be difficult, and sometimes impossible, for him to father a child. It is estimated that one in 20 men has some kind of fertility problem with low numbers of sperm in his ejaculate.

CAUSES INCLUDE: sperm production problems, blockage of sperm transport, erection and ejaculation problems, hormonal problems or sperm antibodies.

TREATMENT OPTIONS: treating infections, treatments of sexual intercourse problems, hormone treatments and medications, surgery, or assisted reproductive technology (ART), such as IVF.