

Urinary Tract Disorder

This pamphlet has been developed to provide you with up to date information on your condition. We hope that upon completion of this pamphlet you will understand the type of condition you have as well as the treatment prescribed by your doctor.

WHAT ARE COMMON URINARY TRACT PROBLEMS?

- These are infections, diseases, or blockages that can affect the body's fluid waste disposal system.
- More than 13 million Americans are affected by urinary problems. Most urinary tract disorders can be treated successfully. Early treatment is often the best treatment.

WHAT DOES THE URINARY TRACT DO?

- produce important hormones and stores essential salts
- removes waste products from the blood
- converts these waste products into urine
- stores urine until it reaches a certain volume
- eliminates the urine

WHAT ARE THE COMMON MAJOR TYPES OF PROBLEMS?

-**STONES** can occur in the kidney, bladder, or urethra. Stones develop because of long-term dehydration, excess calcium intake, medical treatment that may involve radiation, surgery, chemotherapy, or hormone treatment; vitamin D and urinary infection. Symptoms include pain and bloody urine. Treatment includes being hospitalized to receive pain killing drugs while the stone passes out; or surgery if there is blockage to the urine flow.

-**INFECTIONS** mean that disease producing bacteria are present in the urinary tract. There are three principle kinds of infections: cystitis, prostatitis, and kidney infection.

-**CYSTITIS** is an inflammation of the bladder. Symptoms include frequent need to urinate, slow dribbling urination, burning during urination, pain, and blood in the urine. Treatment may involve antibiotics, medication to relieve pain, increased intake of fluids, rest, and hot baths.

-**PROSTATITIS** is an infection or irritation of the prostate glands. Symptoms may include swelling of the genital area, pain in the loins and abdomen, frequent urination, pain with erection or ejaculation, and pus discharge from the penis. Treatment involves antibiotics, baths, and avoidance of spices, caffeine and alcohol.

-**URETHRITIS** is an inflammation of the urethra common in men. Symptoms include pus discharge from the penis and itching or pain during urination. Antibiotics may be prescribed.

-**BENIGN PROSTATE HYPERTROPHY(BPH)** results when growing prostate tissue slows or shuts off the flow of urine. Symptoms include frequent or urgent need to urinate, difficulty urination and blood in urine or semen. Treatment may include prostate massage to promote drainage, catheterization, surgery, drugs, or sitz baths.

-**KIDNEY INFECTIONS** can mean serious health problems. There are two types of kidney infections.

Pyelonephritis is caused by bacteria. Symptoms may include pain in the back, headache, fever, or chills.

Glomerulonephritis is an inflammation of the part of the kidney that filters the blood. It is not an infection, but often occurs after strep infection. Symptom include back pain, headache, fever, chills, swelling of ankles

and face, and blood in the urine. Medical treatment for kidney infections include bed rest, steroids, drugs for high blood pressure, and other medications.

-CANCER can occur anywhere in the urinary tract. In this disease abnormal cells multiply and interfere with normal body processes. Major cancers of the urinary tract are: **bladder cancer, kidney cancer, and prostate cancer.**

-BLADDER CANCER is a tumor that grows out from the bladder's inner lining or invades the bladder wall. Symptoms may include bloody urine, mild bladder discomfort, and pain in the abdomen. Medical treatment may involve minor or major surgery, chemotherapy, or radiation.

-KIDNEY CANCER usually occurs after age 40, and more often in men than women. Symptoms may include blood in the urine, lump in the abdomen, pain in sides or back, weight loss and fatigue. Treatment may involve surgery to remove the kidney, radiation therapy to reduce tumor size or chemotherapy.

-PROSTATE CANCER becomes increasingly common in men after age 60. There are no early signs of prostate cancer. That's why annual rectal exams are so important after age 40. Medical treatment may involve radiation to shrink tumor size, surgery to remove the tumor or whole prostate, chemotherapy, and hormone treatment.

-If you develop any of the symptoms listed in this pamphlet, see your physician immediately. Only a physician can diagnose the problem and determine if treatment is needed.

-Urinary tract problems are more easily treated and less painful if treatment begins early.

-Even if symptoms come and go, medical help is necessary because damage can still occur.