



FOR
YOUR OWN
GOOD

THE MANUAL FOR
BETTER MEN'S HEALTH

BY
EL CAMINO HOSPITAL



BUMPER TO BUMPER CARE FOR YOUR DRAINAGE SYSTEM

Think of your urinary tract as a complex drainage system — one that not only removes urine but filters out waste, regulates certain body chemicals, helps control blood pressure, and contributes to strong bones and healthy blood cells.

All these functions work efficiently most of the time, but when problems occur, they can cause pain, embarrassment, loss of function and even serious illness.

LEAKS AND OTHER CONCERNS

As a man, you have some unique urologic risks. Problems can occur in these organs:

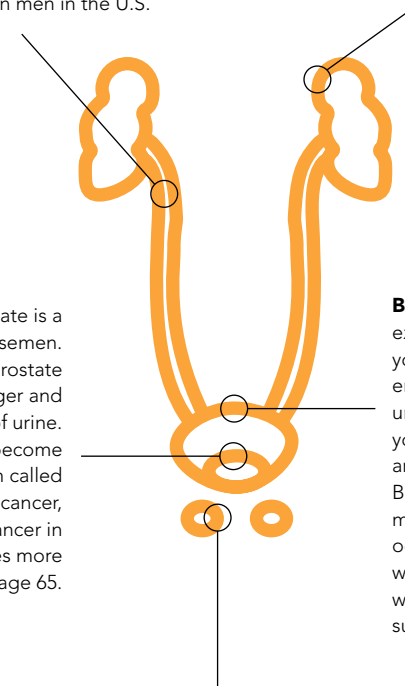
Urinary tract. This body system carries urine from your kidneys to your bladder, where it is stored, and then out of your body via your urethra. Urinary incontinence is a common, treatable problem that affects more than 5 million men in the U.S.

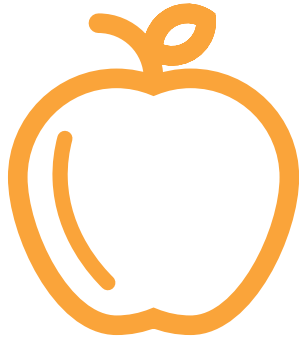
Kidneys. These two bean-shaped organs filter blood and produce urine. Crystals in your kidneys can turn into kidney stones — a condition that is nearly twice as common in men. Kidney cancer can also occur — it's among the 10 most common cancers and is more common among men.

Prostate. Your prostate is a gland that helps make semen. As you age, your prostate gland naturally gets larger and can restrict the flow of urine. Your prostate can also become inflamed — a condition called prostatitis. And prostate cancer, the most common cancer in American men, becomes more likely after age 65.

Bladder. This hollow organ expands as it fills with urine from your kidneys. If your bladder isn't emptying completely during urination, crystals can form in your urine. These can harden and become bladder stones. Bladder cancer is one of the most common cancers and occurs more often in men than women. It's often found early when treatment is likely to be successful.

Testicles. These glands, also called testes or gonads, produce sperm and testosterone. Testicular cancer can occur in one or both testicles. It happens most often in men between the ages of 20 and 34. A problem with the testicles can lead to male infertility.





GO WITH THE FLOW — KEEP YOUR URINARY SYSTEM HEALTHY

Take these steps to lower your risk for urologic problems:

- Don't smoke.
- Drink plenty of liquids to flush any cancer-causing substances from your body.
- Exercise and maintain a healthy weight.
- Eat fish and lots of fruits and vegetables, and reduce animal fats in your diet.
- Avoid occupational exposure to chemicals that increase the risk of cancer.
- Know your family health history, and share it with your doctor.
- Keep up with your schedule of health screenings.

DON'T IGNORE YOUR SYMPTOMS

Urologic problems in men can be annoying. They can also be serious and even life-threatening. That makes it important to see your doctor if you have them.

Watch for symptoms in your:

- **Bladder** symptoms include stomach pain or pressure, frequent or painful urination, cloudy or dark urine, blood in your urine, or loss of urine control.
- **Kidney.** Small kidney stones may pass out in your urine unnoticed, but larger ones can cause sudden and severe pain in your back or lower abdomen. With chronic kidney disease (CKD) or kidney cancer, you may feel tired or weak, lose your appetite, or have trouble sleeping. Your feet and ankles may swell.
- **Prostate.** If you have a burning sensation during urination, blood in your urine and frequent urination, it could be a sign of benign prostatic hyperplasia, or BPH. Prostate cancer can be slow-growing or progress quickly. It may not have any symptoms, or it can lead to problems with urinating, blood in your urine or semen, pain, or erectile dysfunction.
- **Urinary tract.** A urinary tract infection, or UTI, can cause burning or pain when you urinate; urine that is cloudy, dark or contains blood; or frequent urination. With urinary incontinence, you may leak urine when you cough or sneeze or have a strong, uncontrollable urge to urinate.
- **Testicles.** The most common symptom of testicular cancer is a painless lump. This condition can also cause pain or swelling in your scrotum, a dull ache in your groin, or sudden accumulation of fluid in your scrotum.

The Men's Health Program at El Camino Hospital is focused on diagnosing and treating urological conditions in a private and supportive setting. You can find out more or make an appointment by calling [408-866-3856](tel:408-866-3856).

GET THE RIGHT TEST



Today's advanced tests and screenings can pinpoint what is causing your urological disorder symptoms and get you started toward getting better. These may be one of the tests your doctor prescribes:

- **Angiography** is an X-ray test that examines blood vessels using a contrast dye that is injected into an artery.
- **Artemis™ Imaging and Navigation** is an advanced technology used to diagnose and perform biopsies of the prostate. El Camino Hospital is one of the few centers in the area to offer this advanced diagnostic test.
- **Biopsy** is a small sample of tissue taken from the problem area that is sent to a lab for analysis.
- **Blood tests** can detect substances in the blood that might indicate a specific condition.
- **Computerized tomography (CT)** uses a combination of X-rays and computer technology to make images of your internal organs and other structures. Cystoscopy uses a thin, tube-like instrument called a cystoscope to examine the bladder and urethra.
- **Intravenous pyelogram** is a special X-ray of the bladder, ureters and kidneys.

- **Magnetic resonance imaging (MRI)** uses radio waves and strong magnets to scan body areas.
- **Positron emission tomography (PET)** uses a substance called a tracer that collects in specific body tissues. It then makes images that provide information about how the tissue is functioning.
- **Ultrasound** uses high-frequency sound waves to create pictures of internal organs and tissues.
- **Urinalysis** is laboratory analysis of urine that looks at various cells, chemicals and other substances.
- **X-ray** uses high-energy radiation to produce images of internal and other structures.

GET SCREENED FOR PROSTATE CANCER

The prostate-specific antigen (PSA) test measures the level of this substance in your blood. Elevated PSA levels can indicate prostate cancer or a noncancerous condition of the prostate such as prostatitis or an enlarged prostate. Depending on your risks, your doctor will recommend how often to have this test and when to start. For most men, PSA testing starts at age 50 and continues once or twice yearly at least until age 70.

MOVE FORWARD WITH TREATMENT

Once you know what's causing your symptoms or issues, you can get started with treating your condition.

Depending on your condition, you may have:

- **Medication.** Prescription medicines can treat many urologic conditions.
- **Lithotripsy.** This uses shock waves to break kidney or bladder stones into sand-like particles that wash out of the body in urine. El Camino Hospital is the only hospital in the Bay Area with 24/7 onsite personnel and lithotripsy laser equipment to evaluate and handle kidney stones immediately.
- **Minimally invasive procedures.** They can be used to treat bladder and kidney stones and other conditions.
- **Implanted devices.** Doctors use implants, which can relieve symptoms of BPH without sexual side effects.
- **Surgery.** Some urologic conditions require traditional, open surgery that uses larger incisions to remove or repair problems.
- **Cancer therapies.** Treatments such as radiation therapy and chemotherapy are often used as part of treatment for cancers of the kidney, bladder and other areas.



Get help from the best. You'll get advanced treatments and comprehensive care for [urologic conditions](#) at El Camino Hospital's Men's Health Program. Call [408-866-3856](tel:408-866-3856) for an appointment to get started with expert, confidential care.

ONLINE RESOURCES *FOR* MEN'S HEALTH

USE THESE RESOURCES
TO LEARN MORE ABOUT
STAYING HEALTHY

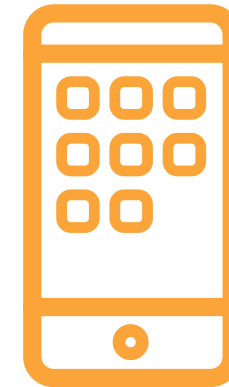
UROLOGY

[Prostate Health.](#) Learn about conditions of the prostate and how they are treated.

[Urinary Incontinence in Men.](#) Discover how this common problem is treated.

[Urology Care at El Camino Hospital.](#) Find out how the experts at El Camino Hospital treat urinary tract and reproductive system conditions in men.

[Benign Prostatic Hyperplasia \(BPH\).](#) Learn about this condition and how it's treated.





El Camino Hospital[®]
THE HOSPITAL OF SILICON VALLEY

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