

## Urological Syndrome and their Problems

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### DESCRIPTION

The term "urologic diseases" refers to a wide variety of conditions, all of which involve the filtration and transport of urine from the body. These diseases affect men, women and children of all ages. These illnesses affect only certain areas of the body. In females, they have a urethra. They affect the urinary tract and reproductive organs in men. Urinary waste is eliminated by the urinary system. The kidneys, urinary system, bladder, and urethra are among the many moving parts. Urologic disorders or urologic diseases are the terms used to describe these issues or conditions. Urology issues can affect people of any age, gender, or color. It has a direct influence on the urinary system and how urine is excreted in both men and women. Urology issues in males can potentially impact the reproductive organs [1].

Stress incontinence can lead to leakage. Both men and women suffer from stress incontinence, although it is more common in women. Unstoppable stress occurs when the muscles that support the bladder and help control urinary excretion struggle to close the valve-like muscles in the bladder. Lifestyle changes aside, bulk bulging (in women) or fitting an artificial urinary sphincter to an unstoppable state of stress induces an effective bladder outlet.

Overactive Bladder (OAB) occurs when the bladder does not store urine properly and leads to involuntary loss of urine due to intense and sudden urge to urinate. The muscles of bladder may begin to contract involuntarily, almost like spasms. Some causes of overactive bladder include neurological disorders, diabetes, UTIs, bladder stones, tumors or aging. The best ways to prevent overactive bladder are to stay active, maintain a healthy weight and take an active approach to managing chronic conditions such as diabetes. Medications are available to further control overactive bladder [2].

### Urinary Tract Infections (UTIs)

Urinary tract infections are the most common type of urologic problem and occur most frequently in women. In fact, about 60 percent of women experience UTI at some point in their lives, while UTIs only affect 12 percent of men. The main symptom is

inflammation or the need to urinate frequently. UTIs can be easily treated with antibiotics. It is important to treat them as soon as possible to prevent further infection and eliminate any chance of complications [3].

### Kidney and urethral stones

Kidney stones and urinary stones are formed when crystalline cells develop in the urine and small cells grow around the crystals. Urinary incontinence is caused by stones in the urinary tract. Most stones can be sent naturally, large stones often require surgery or specific procedures to break them. One of the most commonly used methods is Extracorporeal Shock Wave Lithotripsy (ESWL), which uses sound waves to break stones apart.

### Pelvic floor dysfunction

The pelvic floor serves as the supporting system for the bladder, vagina and rectum. During life and especially after childbirth, these muscles can become inflamed or irritated, causing need to relax pelvic floor to urinate, causing difficulties or pain due to pelvic floor dysfunction. The best treatment is to learn how to relax the pelvic floor muscles, which can be done with the help of a specialist therapist. It helps reduce stress, which in turn reduces urination and pain [4].

Pregnancy puts a lot of pressure on urethra. Non-stop treatment can be done after pregnancy. Schedule testing is the first step, which will lead doctor for treatment. During incontinence, Kegels are recommended to strengthen the pelvic floor muscles. If the problem is severe or persists, there are surgical options.

### Prostate cancer

Prostate cancer is the second leading cause of cancer death in men. It develops when prostate cells grow abnormally and very fast. This is different from BPH, where the size of the prostate gland increases. Early detection is the best way to successfully treat prostate cancer, so men are encouraged to get tested once a year. Treatment for prostate cancer depends on the time of diagnosis and is most successful when caught early. Treatments include surgery, radiation and general surveillance [5].

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## Prostatitis

Most urological problems in men are related to the prostate. Prostatitis is an abnormal swelling or inflammation of the prostate and is usually confused with other urological problems. The most common symptoms are painful urination, which can be misdiagnosed as UTI, fever or chills, abdominal pain or pain in the pelvic or lower back [6].

## Erectile dysfunction

Erectile dysfunction is when a man has difficulty getting or maintaining an erection. Although erectile dysfunction is not fatal, it can cause a lot of stress, embarrassment and damage the relationship. The best treatment is through medication or testosterone replacement. Some other recommendations include surgery, psychological counseling, and healthy lifestyle changes [7].

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