



Let's have a wee chat!

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UROLOGIST

Outline

- ▶ Case 1 – UTIs
- ▶ Case 2 – SUI vs OAB
- ▶ Case 3 – PCa Survivorship
- ▶ Questions and Answers

Case 1 - History

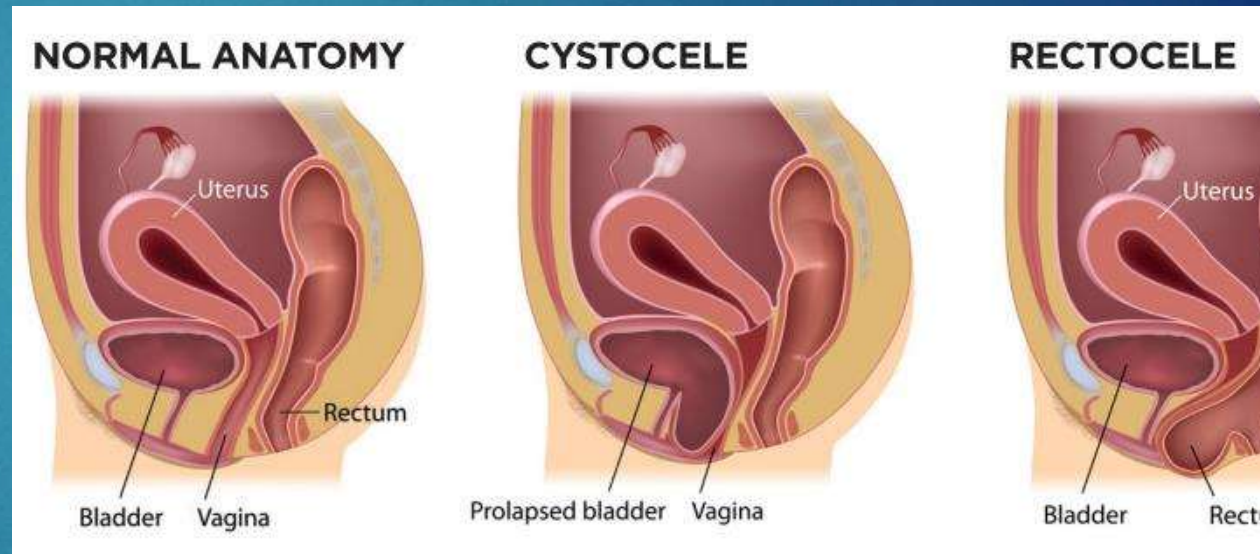
- ▶ 45 yo woman with a history of recurrent UTIs. How will you approach this case?
- ▶ Is this simple vs complicated
- ▶ Other causes – STIs, gynae, red flags
- ▶ Pain – dyspareunia, loin pain
- ▶ MSU results
- ▶ PMH – diabetes, stones, constipation, neurology, childhood UTIs

Definition

- ▶ “Simple/Uncomplicated” means that the patient has no known factors that would make her more susceptible to develop a UTI
- ▶ “Complicated” indicates that other complicating factors may put one at higher risk for UTI and decreased treatment efficacy.
 - ▶ anatomic or functional abnormality of the urinary tract (e.g., stone disease, diverticulum, neurogenic bladder),
 - ▶ an immunocompromised host,
 - ▶ multi-drug resistant bacteria.

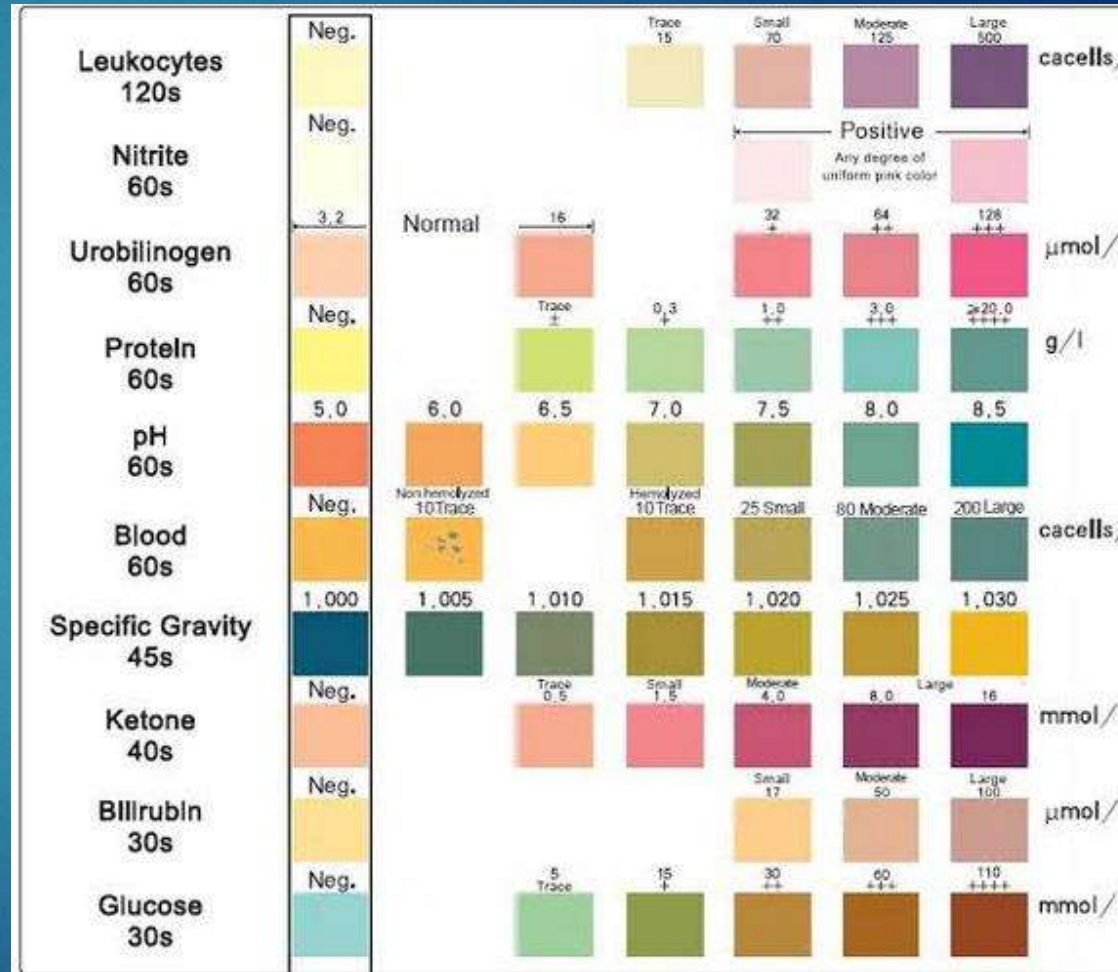
Case 1 - Examination

- ▶ Abdo
 - ▶ ?palpable bladder
 - ▶ Flank pain
- ▶ Gynae
 - ▶ Atrophic vaginitis
 - ▶ Prolapse
 - ▶ Urethral diverticulum

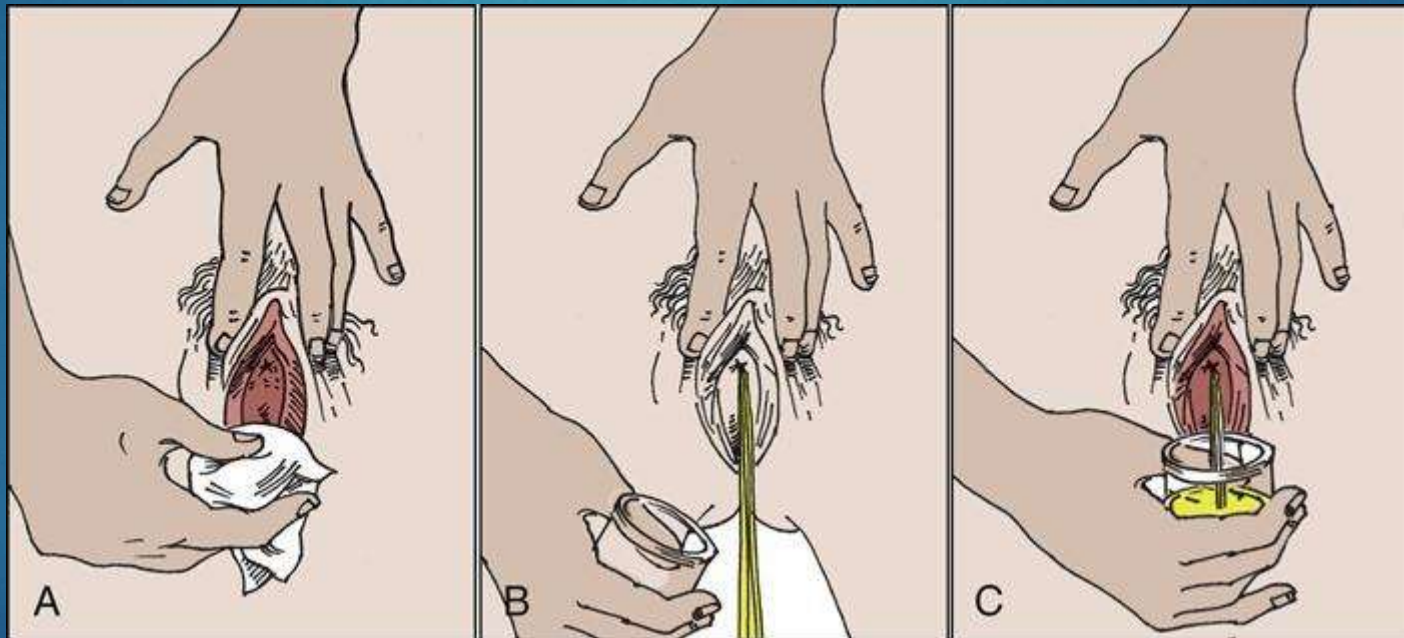


Case 1 - Investigations

- ▶ Dipstick
- ▶ Urine microscopy, C+S
- ▶ HbA1c
- ▶ X-ray/US KUB – with a PVR



How would you ask a patient to
take a urine sample?

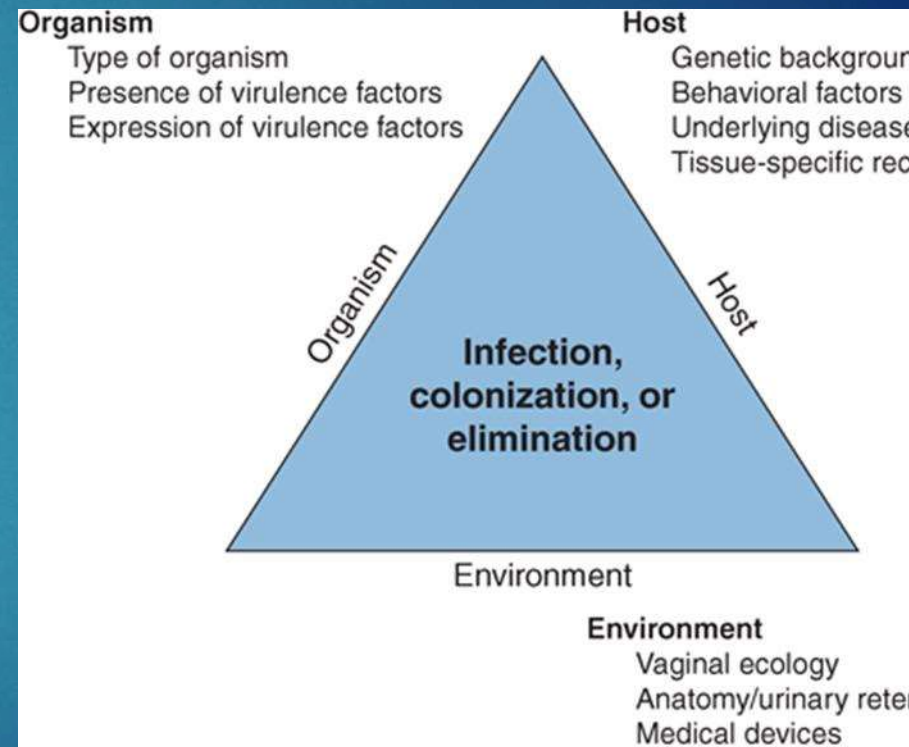


What are the normal host defence mechanism against UTIs?

- ▶ Normal flora
- ▶ Normal flow of urine
- ▶ Vaginal estrogen/cervical IgA
- ▶ Urine characteristics
- ▶ Exfoliation of urothelial cells
- ▶ Tamm-Horsfall protein
- ▶ GAG layer

What is the cause of infections in this woman. How will you manage her?

- ▶ High fluid intake
- ▶ Void after intercourse
- ▶ Topical estrogen in postmenopausal
- ▶ Non-antibiotics therapy
 - ▶ Cranberry
 - ▶ D-mannose
 - ▶ Uromune
 - ▶ Hiprex



Source: Longo DL, Fauci AS, Kasper DL, Hauser SL, Jameson JL, Loscalzo J: *Harrison's Principles of Internal Medicine, 18th Edition*: www.accessmedicine.com

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Cranberry

Top cranberry for UTi :



Good Health
Cranberry 60000 500ml
NZ\$27.99
Chemist Warehouse



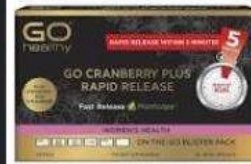
Good Health
Cranberry 60,000 250ml
NZ\$22.43
Return2Health.nz



Mccoy Fruit Drink
Real Cranberry 1l
NZ\$3.50
Countdown Super



Good Health
Uricleanse 500ml
NZ\$24.99
Chemist Warehouse



GO Healthy
Cranberry Plus
NZ\$7.99
Chemist Warehouse



Clinicians Bladder
Support & Cranberry
NZ\$22.41
Sportsfuel.co.nz



Swisse Ultiboost
High Strength
Cranberry
NZ\$18.39
Chemist Warehouse