

Prostate Cancer Support Group

A support group for you and your spouse addressing the concerns of the emotional and physical side effects of prostate cancer. Please join us to share your experiences and life stories.

2nd Wednesday of every month
5670 N. Professional Park Dr.
Arizona Institute of Urology's
Cancer Therapy Center
5:30 pm - 6:30 pm

Mediator:

Stephanie Keresztes, PA-C
Please RSVP to: Tresta
520.784.7084
tanderson@aiurology.com

Please take a few moments to tell us about your experience today:

<http://goo.gl/TG2RaE>



Like us on



<http://goo.gl/noQjDz>



Arizona Institute of Urology

*Comprehensive Care,
Focused on You.*

520.618.1010
www.aiurology.com

What is Hematuria?

Definition: The word **hematuria** means blood in the urine.

Microscopic hematuria means that the blood is only seen when the urine is examined under a microscope. **Gross hematuria** means that there is enough blood in the urine so that it can be seen with the naked eye.

Anatomy:

To understand the evaluation needed for hematuria, it is helpful to know a little bit about the anatomy of the urinary tract. The kidneys make urine by filtering blood, then discarding into the urine the waste products that are no longer needed. Water and salts accompany these waste products. The urine is then transported through two ureters, or narrow tubes, to the bladder, which holds the urine until it is full enough to require emptying through urination.

Causes:

Hematuria can have many different causes, some more serious than others. Some examples of the more serious causes include cancers, stones, infections, and obstructions, or blockages, to urine flow.

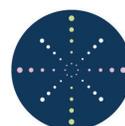
Other less serious causes include viral infections or inflammation of the kidney. Inflammation can occur as a result of medication reactions, such as with non-steroidal anti-inflammatory medications (NSAIDs), and are usually without permanent damage to the kidney. Medications used to thin the blood's clotting ability, such as Aspirin and Coumadin, can also lead to the presence of blood in the urine. **Benign**, or non-cancerous, enlargement of the prostate is a very common source of blood in the urine in men. It does not require any treatment if no significant blockage is present.

Often times, a cause is never identified. The main objective of a thorough evaluation is to rule out the more serious causes of hematuria, such as a cancer.

Diagnosis:

The provider will obtain a thorough medical history from the patient, which may include

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In-Office Continence Therapies

In an effort to offer comprehensive care to our patients, AIU offers a variety of office-based training and treatment options focusing on continence care. The benefits of having in-office therapies for our patients include: less out-of-pocket expense for the patient, treatment in a comfortable office environment performed by experienced technicians and Physician Assistants, and most importantly, continuity of care.

Prolia Injection Network Site

2 shots of Prolia® (denosumab) a year are proven to help women with postmenopausal osteoporosis at high risk for fracture to strengthen their bones. Prolia® is a prescription medicine used to treat osteoporosis (thinning and weakening of bone) in women after menopause who:

- Are at high risk for fracture, meaning women who have had a fracture related to osteoporosis, or who have multiple risk factors for fracture
- Cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

Prolia® isn't for everyone. Ask your doctor for details to see if Prolia® is right for you.

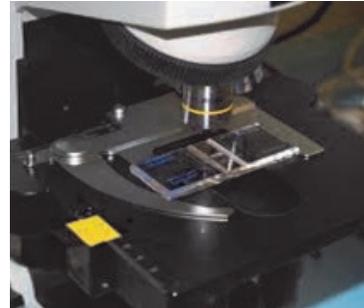
To schedule: 520.618.1010



previous injury/illness, family history, social habits, urinary habits, history of stone disease, and even possible environmental exposures. The patient will also be asked to leave a urine sample upon arriving to the office, so that it can be sent to the lab to look for infection and/or cancer cells.

The provider will likely recommend imaging of the upper urinary tract with studies such as ultrasound, x-ray, and/or CT scanning. He/She will also encourage the patient to return for an office procedure, called cystoscopy, to further evaluate the urethra and bladder. **Cystoscopy** is a procedure that is used to visually inspect the bladder and the urethra using a small camera. This can be done in most instances without discomfort by the use of an anesthetic jelly within the urethra. This test usually takes no longer than 10-minutes, and involves no general

anesthesia, such as that used during a surgery. Afterwards, the patient might expect a mild degree of discomfort with urination, and in some cases, may see blood in the urine for 2-3 days. An antibiotic may be prescribed for a few days following the cystoscopy to help prevent infection.



Follow-up:

Follow up recommendations will vary based on the findings

during evaluation and each provider's individual protocol.

For More Information:

For more information about hematuria, contact the following resource:

National Kidney and Urological Diseases Information Clearinghouse (NKUDIC)

3 Information Way
Bethesda, MD 20892

Phone:

(800) 891-5390

Fax:

(703) 738-4929

E-Mail:

nkudic@info.niddk.nih.gov

Web:

<http://kidney.niddk.nih.gov>

-Suzanne Sexton, PA-C

Register Now!

Zero Prostate Cancer
5K / 10K Run / Walk
& Fun Zoo Walk

Saturday, Dec 14, 2013

8:15am

Tucson's Reid Park Zoo



Join Arizona Institute of Urology and lace up your sneakers to end prostate cancer at the Zero Prostate Cancer Run - Tucson.

REGISTER NOW: zeroprostatecancerrun.org/tucson

Interested in receiving our quarterly eNewsletter?

Sign up here: <http://goo.gl/oPR9Pa>

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