
What's Up in Urology Journal, Winter 2012?

Urology for People is a section in the *Urology Journal* for providing people with a summary of what is published in this journal and describing urological entities in a simple language.

Important Note. The findings in medical papers are usually not directly applicable in clinical practice and patients should consult their physicians before any utilization of the results of medical studies.

CIRCUMCISION

Boys are born with a hood of skin, called the foreskin, covering the head of the penis. Circumcision is the surgical removal of the foreskin (prepuce) from the penis. The circumcision generally heals in five to seven days. Parents who decide circumcision often do so based on religious beliefs, concerns about hygiene, or cultural or social reasons. Approximately, 55% to 65% of all newborn boys are circumcised in the United States each year. Strong evidence demonstrates that circumcision decreases the risk of HIV (AIDS) infection in heterosexual men by 38% to 66% in populations that are at high risk. The World Health Organization currently recommends circumcision be recognized as an intervention as part of a comprehensive program for prevention of HIV transmission in areas with high endemic rates of HIV. Other health benefits of circumcision include a decreased risk of urinary tract infections, a diminished risk of sexually transmitted diseases in men, protection against penile cancer, and a decreased risk of cervical cancer in female sex partners.

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STRESS URINARY INCONTINENCE IN WOMEN

To hold urine and control urination, the lower urinary tract and nervous system need to be working normally. Stress urinary incontinence is when sneezing, coughing, or laughing causes accidental urine leaks. Stress urinary incontinence can happen at any age and it is amazingly common, affecting one in three women at some point in their lives. For some women, the risk of public embarrassment keeps them from enjoying many activities with their family and friends. Urine loss can also occur during sexual activity and cause tremendous emotional distress. Incontinence occurs because of problems with muscles and nerves that help to hold or release urine. Stress urinary incontinence is fundamentally caused by insufficient strength of the pelvic floor muscles. There are several forms of effective treatment, including lifestyle changes, such as weight reduction, pelvic floor muscle training, and bladder training, so you can wait longer between needing to urinate and passing urine. Conservative treatments, such as above-mentioned items, can improve stress urinary incontinence in women by two-thirds. If these treatments fail, several medications may be tried, and a growing number of different surgical techniques provide long-term benefits.

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