

NEWS BRIEFS CURRENT STUDIES & FACTS



ED Sufferers Often Have Other Complaints

The *British Journal of Urology International* has published findings suggesting that men with erectile dysfunction (ED) are very likely to suffer from a host of other sexual problems that might go untreated, even if ED is addressed.

Results show that 65% of men with ED are unable to have an orgasm, for instance, and 58% have problems with ejaculation. Approximately 30 million American men have ED, defined as trouble achieving or sustaining an erection.

There are medications to help men maintain an erection, but “our research suggests there are other common sexual issues that remain largely unaddressed,” says Dr. Darius Paduch, a urologist at New York-Presbyterian Hospital. “We must expand the definition of quality of life when it comes to sexual performance.”

Pessary Trial Helps Detect Stress Urinary Incontinence

An “ambulatory pessary trial” is a simple way to predict a woman’s response to surgical repair of an anterior vaginal wall prolapse, according to the findings of a small study led by Dr. Elise De of the Urological Institute of Northeast New York in Albany, NY, reported in *Obstetrics and Gynecology International*.

Of 26 women who completed a one-week pessary trial, 10 showed no evidence of stress urinary incontinence (SUI) and underwent surgical repair of prolapse without an anti-incontinence procedure. The other 16 women were found to have SUI on evaluation and underwent a sling procedure concurrent with prolapse repair. Three of these patients were identified by the pessary trial alone.

In addition, the pessary trial correctly predicted persistent urgency in six patients and persistent frequency in five. The trial did not miss any patient with SUI or persistent voiding difficulty.

Help Kids Fight Recurrent UTIs

Cranberry juice, rich in antibacterial substances, may help prevent repeat urinary tract infections (UTIs) in children, a study reported by Reuters suggests.

Researchers at the University in British Columbia in Vancouver, Canada, found that cranberry juice made with high concentrations of proanthocyanidins (PACs) cut a child’s risk of repeat urinary tract infections by two-thirds, versus a comparison juice.

PACs are the compounds thought to give cranberries their bacteria-fighting potential. Women have long turned to cranberry juice and supplements to help prevent recurrent UTIs, although studies have yet to prove they work conclusively.

Because most cranberry juice selections on supermarket shelves do not have very high PAC concentrations, the researchers say their findings are not an endorsement of any particular product. But they do point out that their findings, published in the *Journal of Urology*, give support to cranberry as a UTI fighter.



Freezing Small Renal Masses Is a Viable Therapy

Cryotherapy—a technique that uses gases at very cold temperatures to kill living cells—can be used to treat small renal tumors with relatively low rates of complications and recurrence, according to research reported at the Renal and Bladder Cancer National Conference.

Dr. Neil Barber, Consultant Urological Surgeon at Frimley Park Hospital in Surrey, UK, reported that since 2008, he has used this treatment on 39 patients, with an average age of 70, who had small malignant kidney masses (1.5 inches or less). Twenty percent of the patients presented with high-grade tumors.

The typical procedure time was two hours and 20 minutes and no blood transfusions were required. The average hospital stay was one night. Three patients experienced complications: two patients had bleeding and one experienced an injury to the ureter.

With the incidence of small renal masses rising in both men and women, particularly in elderly patients, Barber says he believes treatment options other than surveillance could reasonably be considered when managing small renal masses.

