Press Pack
Urology Awareness Month 2016

#BloodinPeeSeeGP
#UrologyAwareness2016

1 - 30 September
Welcome to Urology Awareness Month 2016

This year’s event focuses on ‘quality of life’, as well as containing an important message about ‘blood in pee’. At The Urology Foundation we recognise that urological conditions may be difficult to discuss but they are important as early detection can prevent further devastation to quality of life.

Urology Awareness Month is held every September, dedicated to increasing knowledge and awareness about urological conditions. During this special month, The Urology Foundation will hold conversations on prevention, treatment and management of issues that affect the kidney, urinary tract and male reproductive system.

Research commissioned by The Urology Foundation this year found that 30 per cent of the respondents do not know what constitutes a urological condition; while 35 per cent responded that the fear of discovering what blood in their pee means would stop them from seeking help. Thus this month is targeted at ending the taboo and attitude of silence around urology conditions, which will affect 1 in 2 people in the UK in their lifetime.

We will share information through patient stories, professional insight, and easy-to-read material leading to increased interest in ways to live healthily and to manage the devastation urological conditions can bring when they are ignored or go unnoticed.

The Urology Foundation also works to improve care and treatment received by urology patients by funding cutting-edge urology research and specialist training and education of urologists and nurses. We believe that investment in these areas will make the biggest difference to those affected by a urological condition.

This year’s campaign involves a community effort – a challenge to cover a collective 5,317 miles for every person who is diagnosed with a urological cancer each month in the UK. We believe that collectively we can raise awareness and support for everyone affected by urological conditions.

Some Common Urological Conditions

- Bladder
  - Urinary incontinence
  - Overactive bladder (OAB)
  - Bladder cancer
  - Urinary tract infection (UTI)
  - Interstitial cystitis

- Male reproductive tract
  - Prostate cancer
  - Benign prostatic enlargement
  - Prostatitis
  - Erectile dysfunction
  - Penile cancer
  - Testicular cancer
  - Peyronie’s disease
  - Male infertility

- Kidney
  - Kidney stones
  - Kidney cancer
  - Chronic kidney disease
  - Acute kidney injury
  - Glomerulonephritis
The Urology Foundation

Who we are

The Urology Foundation (TUF) is the only medical charity dedicated to improving the nation’s urological health through the investment of cutting-edge research and the training and education of urology professionals.

Diseases and cancers of the kidneys, bladder, prostate and male reproductive organs are becoming more prevalent and devastating the lives of thousands of men, women and children in the UK and Ireland. TUF is committed to finding better treatments and cures, and nurturing urology professionals to deliver better care to people affected by a urology condition.

Our mission is to succeed in our fight against all urology disease and our vision is a world where people will not die early from, or their quality of life will not be adversely affected by, urology disease.

For this reason, over the years, we have invested in a variety of different, yet pioneering, projects. The Urology Foundation has, for example, funded urologists to research into better solutions for men with prostate cancers. TUF has also sponsored training in robotic surgery, which is minimally invasive and can result in fewer side effects than more conventional surgery. TUF is also funding research that looks at developing biomechanical pelvic floor repair materials for urinary incontinence sufferers which can better integrate into the patients’ own tissues.

We are committed to improving the discipline and practice of urology by developing future leaders in the field, through investing in clinical skills and non-clinical education courses to aid urology professionals improve the management and safety of their urology department, among other vital skills.

We have invested over £3.5m into research projects looking into ways of treating many different urological conditions, and we also provide funding for urology professionals to undertake clinical visits to centres of expertise overseas to help them improve their skills to the benefit of patients in the UK & Ireland.
Urology Awareness Month: Dates for your diary

This September every day presents an opportunity to gain some new information about urological conditions; because knowledge is power, we will be sharing specific and general information, news updates and case studies from our resource pool of urology professionals, researchers, and friends.

Please follow our social media pages and website to be involved throughout the month.

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Our Professionals available for interview

These professionals can be contacted by getting in touch with a member of the TUF team. Members of the press may email us to be put in direct contact with our professionals.

Mr Pradeep Bose (Wales)

Mr Bose is a consultant urologist and his areas of clinical expertise include genital cancers, kidney stones, penile reconstruction and surgery, and male infertility.

Professor Christopher Chapple (Sheffield, Yorkshire)

Professor Chapple is a consultant urological surgeon, with particular interest in functional reconstruction of the lower urinary tract and the underlying pharmacological control mechanisms. He also provides a tertiary service in lower urinary tract reconstructive surgery.

He was editor-in-chief of the journal Neurourology and Urodynamics from 2006-2015. In 2011, he was awarded the St Peter’s medal by the British Association of Urological Surgeons. Professor Chapple has co-authored over 700 articles in peer-reviewed Journals and has written several books and a number of book chapters. He is currently Secretary General of the European Association of Urology and is involved in a number of educational programmes across Europe.

Mr Pete Cooke (Wolverhampton, West Midlands)

Mr Cooke is a leading urological surgeon and cancer specialist at the Royal Wolverhampton Hospitals NHS trust. He is also the lead clinician for urological research in Wolverhampton.

Mr Cooke specialises in bladder and prostate cancer and has performed over a thousand robotic radical prostatectomies across the Midlands region. He is a TUF scholar, receiving funding from The Urology Foundation in 2012 to train on the da Vinci robot.

Professor Marcus Drake (Bristol, South West)

Professor Marcus Drake treats conditions; urinary incontinence (stress incontinence, post prostatectomy incontinence and overactive bladder), neuropathic bladder, UTI. He is the Professor of Physiological Urology at Bristol University and a visiting Professor at the University of the West of England. He trained at both Cambridge and Oxford. He is Chairman of International Continence Society Standardisation Committee.
Mary Garthwaite (Middlesbrough, North East)

Miss Garthwaite is a consultant urological surgeon specialising in functional urology, neuro-urology and reconstruction. She is also interested in pelvic pain syndromes, male and female incontinence, benign bladder conditions and neuropathic bladder dysfunction. In 2005, she won the Kathleen Mary Stott Prize for excellence in scientific and medical research at the University of York. She is the Honorary Vice President of the Hull York Medical School Surgical Society, the Honorary Secretary of the North of England Urological Society and is an executive committee member for the British Association of Urological Surgeons Section of Female, Neuro-urology and Urodynamic urology.

Professor Howard Kynaston (Cardiff, Wales)

Professor Howard Kynaston is a consultant urological surgeon with specialist training in surgery and research from Liverpool, South Wales, Australia, USA and Belgium. He is also interested in urological cancer. In 2004, he was awarded a Professorship for his contributions to surgery and research in Cardiff.

Mr Ian Pearce (Manchester, North West)

Mr Pearce is a consultant urological surgeon whose specialty is in andrology and functional urology including male bladder and benign prostate problems, female incontinence and chronic bladder conditions. He is well published in these areas with over 30 peer review publications in the last 5 years. He is a member of the Science and Education Committee at TUF and he serves on the publication committee of the International Continence Society.

Mr Shalom Srirangam (East Lancashire, North West)

Mr Srirangam is a consultant urological surgeon who specialises in urinary incontinence, urinary tract stones, urological malignancy, impotence and infertility. He undertook a European School of Urology Fellowship in Endourology/Stone disease at University Hospital Leuven, Belgium, April - June 2008 and has been a Consultant Urological Surgeon at East Lancashire Hospitals NHS Trust since Jan 2009.

Professor Naeem Soomro (Newcastle, North East)

Professor Soomro is a consultant urologist and his key areas include - kidney and prostate cancer, robotic surgery, renal transplantation and general surgery.

He is an Honorary Professor of Urology at Newcastle University and also manages general urology in particular men and women with lower urinary tract symptoms, men with inguinoscrotal problems and patients who have been found to have blood in their urine.
Our Supporters Available for Interview

These supporters can be contacted by getting in touch with a member of the TUF team. The Urology Foundation is always able to source case studies on request.

John, 59, urinary incontinence

The father of three developed urinary incontinence eight years ago following surgery for prostate cancer. He said, “I have moments of complete acute anxiety where I know I’ve probably got 20 seconds to get somewhere. When you get this anxiety moment, then you can’t think of anything else, your brain is occupied with the need to deal with this and this is why people think that they can’t go out into the open world and face that situation.”

Alan, 72, testicular cancer

Husband and father, Alan was diagnosed with testicular cancer after previously having suffered with prostate cancer. He had already lost his first wife to cancer previously. Alan received an operation and successful chemotherapy treatment. Alan said: “I couldn’t believe I had it - I felt really angry and didn’t know what to expect.”

Geraldine, 67, bladder cancer

Wife of Alan, Geraldine had also lost her first husband to cancer. In January 2014, Geraldine was diagnosed with bladder cancer after spotting blood in her urine - a very common symptom. She had surgery and was given a dose of chemotherapy

Susan, 68, urinary incontinence

She developed urinary incontinence at the age of 31 after a hysterectomy. She said, “at first I hid it from everyone because I felt it was unacceptable. It’s gone a lot of years now and I’ve come to terms with it. It’s still difficult because when you ask in shops if you can use their toilet, they won’t let you.”

Martin 60, kidney cancer

Father of two, Martin knew nothing about urology until he discovered a lump on one of his testicles. Further investigation upon a visit to his GP revealed a tumour on his left kidney, which needed to be removed. “Now this has happened, I would encourage other me to go straight to the doctor is they have symptoms and not to delay like I did. Get checked. Your health is more important than your work.”
Information on Urology

What are urological diseases?

Urology refers to the medical area that covers the male and female urinary tract and the male reproductive organs. So the kidneys, bladder and all the tubes that link them together, as well as the prostate, testicles and penis in men.

Just like other areas of our body, these organs can be affected by conditions and diseases, like an infection or cancer, which can have a devastating impact on our quality of life.

Urology conditions and diseases include urinary tract infections (UTIs), cancer of the urology organs, kidney stones, chronic kidney disease, incontinence and erectile dysfunction.

Where do they occur?

For women, urology disease can occur in the kidneys and bladder as well as the ureters (the tubes connecting the kidneys to the bladder) and urethra (the tube that expels waste from the bladder).

For men, urology disease can occur in the kidneys, bladder, ureters and urethra but also in their prostate, testicles and penis.

Staying Healthy

You can’t guarantee your urology health completely, but by maintaining a healthy diet, drinking lots of water and reducing your salt intake, you can make sure you’re doing everything you can to give yourself the best chance.

Some key findings from TUF surveys

A nationwide TUF survey in 2015 showed that the overall awareness of urology in the UK was dangerously low, by 2016 awareness had improved but still isn’t good enough. The 2016 survey also revealed other concerning results:

- Depending on the condition, 1 in 2 people could find it embarrassing to talk about their urology health
- Nearly a quarter of the UK would rely on the Internet to find out more about their symptoms
- 2 in 3 people believe that urology diseases receive less media coverage than conditions that affect other parts of the body
- Nearly 30% of people, upon suffering incontinence, would only see a doctor if their condition worsened as opposed to seeking help straight away.
- Almost a third of the UK have no understanding of what constitutes a urological problem despite a third of us having being affected by a urological condition in some way.
- A quarter think that between 50 and 100 people in the UK are diagnosed with a urological cancer every day, but in reality it is double this figure.
- 18-25 year olds are least likely to understand what constitutes a urological problem.
- Men have more of an understanding than women when it comes to a urological problem, despite women having more exposure with themselves or a member of their family suffering from a urological problem.
**Urology Conditions**

**Cancers**

**Bladder Cancer:**

There are 10,400 new cases of bladder cancer diagnosed each year.

There is up to 80% survival rate if bladder cancer is diagnosed early.

It is the 7th most common cancer in the UK.

*Symptoms: Blood in pee, needing to pee more frequently, pain or obstruction to flow of urine, recurring urinary infection, a sudden urge to pee, or a burning sensation when peeing.*

**Kidney Cancer:**

Incidence of kidney cancer have increased over the last ten years but survival rates are improving.

50% or people diagnosed in England and Wales survive for 10 years.

It is the 8th most common cancer in the UK.

*Symptoms: blood in pee, continued aching in your side, a lump or swelling in your side, ongoing high temperature or sweats.*

**Prostate Cancer:**

Prostate cancer is the most common cancer in men across the UK. 1 in 8 men will be diagnosed with it at some point in their lives.

The risk increases to 1 in 4 for Afro-Caribbean men. It is the second most common cause of cancer death in men. Over 10,800 die from it each year.

It mainly affects men over 50, with a third of all prostate cancer cases being diagnosed in men aged over 75 years old.

*Symptoms: Blood in pee, pain when peeing, needing to pee more frequently, the feeling as if you have not fully emptied your bladder.*

**Testicular Cancer:**

Testicular cancer is the 16th most common cancer in the UK, with over 2,000 men diagnosed each year.

It is more common in younger men; in fact, it is the most common cancer in men aged 25-49.

However, older men can get it too.

10-year survival rates for testicular cancer are very high, at over 98%.
Symptoms: a lump or swelling in the testicle, aches and pains in the testicle or scrotum, a sudden collection of fluid in your scrotum.

Penile Cancer:

Penile cancer is rare as it affects only 1 in 100,000 men overall. It is, however, a potentially fatal condition.

It is generally found in men over the age of 40. In the UK, there are about 550 diagnoses of penile cancer each year.

The number of penile cancer cases has increased by 20% in the last 30 years.

Symptoms: a growth or sore on the penis that doesn’t heal within a month, bleeding from the penis, a foul smelling discharge, thickening of the skin on the penis or a change in its colour.

Major Non-Malignant Conditions

Urinary tract Infections (UTIs): these are infections that occur anywhere in the urinary system. They are most common in women, with 50% suffering a UTI at some point in their lives. If left untreated, a UTI could develop into a more serious kidney infection.

Symptoms: a burning feeling when peeing, a frequent or intense urge to pee, pain or pressure in the lower abdomen.

Urinary incontinence: this occurs when you pass urine involuntarily. It can affect anyone, but it is most prevalent in women over 40, affecting 1 in 5 of all in that age bracket and can be extremely debilitating. It also affects some men who have had treatment or surgery for prostate cancer.

Symptoms: An intense need to pee, not being able to delay going to the toilet, leaking when you sneeze, cough or laugh.

Kidney stones: this occurs when your urine contains so much waste material that it crystallises to form stones in the kidney. It is generally seen as one of the most painful conditions you can have, and affects mainly people between the ages of 30 and 60.

Symptoms: Unexplained pain or ache in your back and/or side, pain when peeing, blood in your pee.

Erectile dysfunction: this is the recurrent inability to achieve or maintain an erection sufficient for sexual activity. It is very common, affecting 1 in 10 men overall and particularly men over 40.

Symptoms: The inability to maintain an erection is the main symptom of erectile dysfunction.

For any more information on the urological conditions listed above, or any that we have not mentioned, please contact us and we would be happy to provide further details.

The Urology Foundation has also produced a number of short guides on various urology conditions which can be found on our website here.
Tips to live better

Managing a urological condition does not have to be embarrassing, tedious or depressing. There are several avenues of support available. Here are a few tips to promote better urological health and/or live better if managing a urological condition.

- Stay hydrated and choose water over caffeinated drinks or alcohol
- Be within your healthy weight
- Don’t smoke
- Train your pelvic floor muscles by doing Kegel exercises
- Limit salt and intake of unhealthy foods
- Feel your testicles often and pay attention to how often you pee
- Join a local support group
- Take the TUF 5,317 challenge. Sign up here
- Support TUF’s mission to invest in the best urology research, training and education that leads to the very best possible patient care. Find out how

Key messages

a. GPs
   - Encourage your patients to become champions of the urology health campaign.
   - Encourage your colleagues to become advocates of the urology health campaign.
   - Patients who find blood in their pee may come to you agitated and your ability to ease their fear is vital

b. Carers
   - Look out for signs of urinary tract infections which if left untreated can cause serious health problems.

c. Patients
   - Staying proactive towards your health can reduce the impact of a urological condition.
   - Diagnosis of a urological condition is nothing to be afraid of or embarrassed about

d. General public
   - Early diagnosis can increase survival by up to 90%
   - After childbirth for women, and the age of 30 for men, it becomes all the more important to pay attention to your general and urological health.
Get Involved

How can you support Urology Awareness?

1. Download our posters and leaflets, display them in your office and give them to your friends
2. Grab a group or go it alone - take part in our 5,317 challenge. To sign up, please visit everydayhero.co.uk/event/TUF5317miles
3. Host a Uro-Info Day.
4. Take urology awareness information from our website and place it on yours, linking us
5. Host a tea party and discuss urology health with your attendees
6. Play the reverse pictionary game and take the myths vs facts quiz
7. Share our newsletter, TUF matters with your contacts
8. Support The Urology Foundation’s research and training efforts
9. Share your urology health story with us here (link patient form or my email address)
10. Use “I am 5,317 TUF” badge on your social media pages
Get in Touch

The TUF team is here to help you. We can provide further information on our work and case studies as well as support in sourcing professional urology insight.

Contact The Urology Foundation team on:

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Follow us on Twitter: @TUF_Tweets

Leading the fight against urology disease