

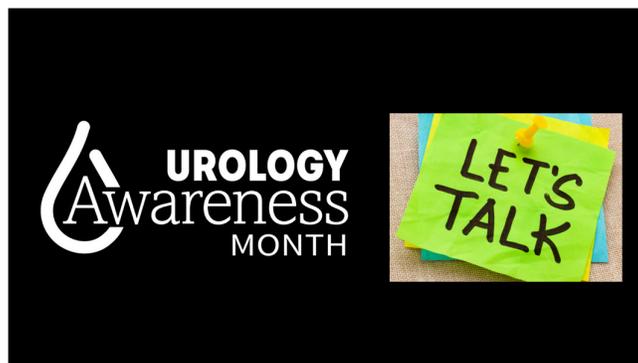


Urology Awareness Month
1 - 20 September 2021

Opening the nation's eyes to urology health

#UAM2021

#UrologyAwarenessMonth



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info@theurologyfoundation.org

Welcome to Urology Awareness Month 2021

Urological cancers or conditions will affect one in two people during the course of their lifetime, yet they remain shrouded in secrecy and silence. Incontinence alone is estimated to affect a third of British adults, impacting on their quality of life and in some cases leading to depression, relationship problems or financial difficulties.

Yet millions of us delay going to the doctor because we are too embarrassed.

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

Past research commissioned by The Urology Foundation suggests that a quarter of people in the UK would not seek medical advice for a urological condition because of embarrassment, and that 20 per cent of people who are suffering from, or know someone suffering from, a urological condition, feel ashamed.

Also, worryingly, more than 50 per cent of men are failing to check themselves monthly for possible symptoms of testicular cancer, with many never checking themselves at all. Yet testicular cancer is highly curable with 90 per cent of men making a complete recovery if it is caught early.

Men and women experiencing symptoms of a urological condition are being urged to see their GP so they can access the necessary treatment and regain quality of life. The message about vigilance and self-examination is also highlighted. 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.

Research suggests nearly 20 million people in the UK experience incontinence yet one in five avoid seeking help from their GP due to embarrassment or because they fear, incorrectly, that nothing can be done.

Thus, this month is targeted at ending the taboo and silence around urology conditions, so we can increase survival and improve lives.

Some Common Urological Conditions

During the course of the month 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.

Some stats

Prostate Cancer is now the most commonly diagnosed cancer in men, with nearly 50,000 cases per annum.

Men of Afro-Caribbean descent are twice as likely to get prostate cancer (1 in 4 men) than white males (1 in 8 men).

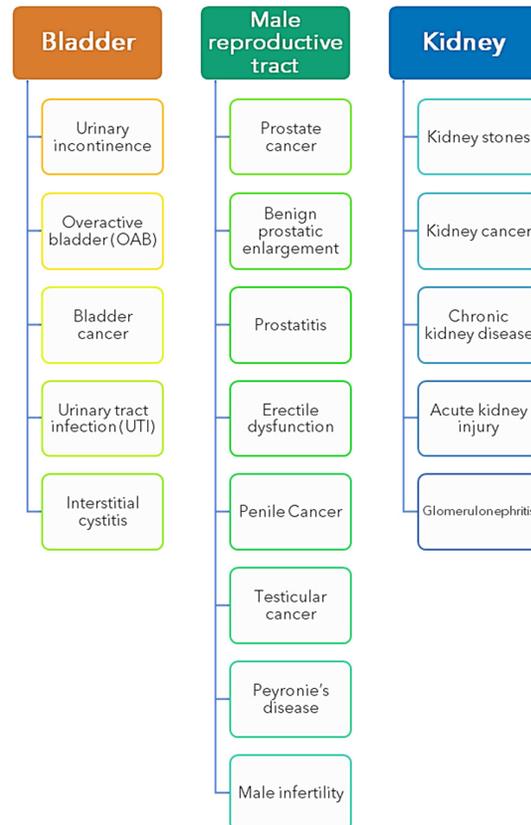
The incidence of other urological cancers is also expected to increase by 26% (kidney cancer) and 13% (penile & testicular cancers) by 2035. Survival at 10+ years for bladder and kidney cancers is still only 50%. On top of this, the prevalence of bladder and incontinence problems, benign prostate problems and kidney stones is also increasing.

Lower Urinary Tract Symptoms (LUTS) which manifests in problems peeing, needing to pee more frequently or incontinence, is estimated to affect 45% of the population worldwide¹, and has been recognised as a priority health issue by the WHO².

Men with LUTS suffer from not only burdensome symptoms such as nocturia and urgency but also adverse psychological consequences (e.g., anxiety and depression) and financial burden.

Kidney stones affect about 14% of the UK population: around 3 in 20 men and 2 in 20 women.

Our mission is to increase survival and quality of life for urology patients.



¹ <https://journals.sagepub.com/doi/full/10.1177/2377960818811773>

https://ginegap.com/materiales-cursos/bibliografia/m1-c1/13_Irwin_2011.pdf

² <https://mail.ijurgery.com/index.php/ij/article/view/1479>

Key messages

a. General public

- 💧 Do not put your health at risk through ignorance or embarrassment.
- 💧 It is important to check regularly for signs of urological disease or cancer, as early diagnosis means better outcomes.
- 💧 Signs to look out for include lumps and bumps, painful and uncomfortable swellings, aches in the groin or lower back, blood in pee.
- 💧 Early diagnosis can increase survival by up to 90%.
- 💧 Common urological conditions such as frequent urinary tract infections (UTIs) or urinary incontinence can have a negative impact on quality of life and mental health. Important not to suffer in silence and to seek help as soon as possible.
- 💧 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.

b. Patients

- 💧 Staying proactive towards your health can reduce the impact of a urological condition.
- 💧 Seeking help earlier means that conditions such as urinary incontinence are likely to be more manageable, and may be contained before they become worse.
- 💧 Diagnosis of a urological condition is nothing to be afraid of or embarrassed about.
- 💧 Help is at hand to make living with a urological condition easier.
- 💧 Urological cancers, caught early, have a very good chance of cure.

c. Carers

- 💧 Look out for signs of urinary tract infections which if left untreated can cause serious health problems such as kidney damage.
- 💧 Ensure patients have enough to drink and stay hydrated - dehydration can irritate the bladder and kidneys and worsen conditions such as incontinence.
- 💧 Blood in pee is a cardinal symptom - if you spot blood in your patient's pee, contact the GP as soon as possible.

d. GPs

- 💧 Encourage your patients to talk about their urological health, and to know and recognise signs and symptoms.
- 💧 Encourage your colleagues to become advocates of the urology health campaign.
- 💧 You can obtain leaflets and information about urology health for your patients or practice from theurologyfoundation.org

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.

- Testicular cancer is one of the five urological cancers, along with bladder, penile, prostate and kidney cancer. Over 5,000 people every month are diagnosed with a urological cancer in the UK.
- One in two people will be affected by a urological condition at some stage in their lifetime.

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, keeping to a healthy weight, not smoking, 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.

Who we are

The Urology Foundation (TUF) is the only medical charity dedicated to improving the nation's urological health across all urological conditions 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.

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.

With our annual Urology Awareness Month we campaign to raise awareness of urological diseases and symptoms to better educate the public on what to look out for, and to break down the taboo and stigma surrounding our urological health so that fewer people die from shame or ignorance. Past campaigns have focused on blood in pee, urinary incontinence and general information about various urological conditions such as prostate and bladder cancer.

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 fizzy drinks, caffeinated drinks or alcohol.
- 🕒 **Be** within your **healthy weight** (obesity impacts on urinary incontinence and can be a factor in some cancers.)
- 🕒 **Don't** smoke. Smoking is a major cause of cancers, particularly bladder cancer.
- 🕒 **Train** your pelvic floor muscles by doing **Kegel** exercises.
- 🕒 **Limit** salt and intake of unhealthy foods to lessen chance of kidney stones or disease.
- 🕒 **Feel** your **testicles** often and pay attention to how often you **pee**
- 🕒 **Join** a local support group
- 🕒 **Support** TUF's mission to invest in the best urology research, training and education that leads to the very best possible patient care.



So we are asking people to STEP UP FOR TUF during Urology Awareness Month this September by virtually climbing a building, or if you're feeling ambitious, a mountain!

Climb the stairs at home, climb the escalator on the tube, climb the fire escape, climb the steps at your place of work and keep a count. Set up a JustGiving fundraising page on our Step Up For TUF Challenge page ([Step Up For TUF - JustGiving](#)) and ask friends, family and work colleagues to sponsor you during the month of September.

The challenge can be done as an individual or why not put a team together and combine your totals to really "hit the heights"? If you are of a competitive nature, why don't you challenge a friend or another team to a race to the "summit"?

Based on the fact that the average flight of stairs is apparently 15 steps (who knew?) you would need to challenge yourself to climb

Virtual Buildings

Millennium Dome, England	21 flights
Sydney Opera House, Australia	28 flights
Big Ben, England	42 flights
Blackpool Tower, England	69 flights
Canary Wharf, England	107 flights
CN Tower, Toronto	233 flights

Virtual Mountains

Scafell Pike, England	412 flights
Mount Snowdown, Wales	475 flights
Ben Nevis, Scotland	587 flights
Machu Picchu, Peru **	1,025 flights
Mont Blanc, France	2,028 flights
Mount Kilimanjaro Tanzania	2, 578 flights
Mount Everest	3,871 flights

Just to say that coming downstairs doesn't count towards the challenge - sorry!

Any questions please contact our fundraising and events manager Serena at swyman@theurologyfoundation.org

Please take care:

We ask all those taking part to keep themselves safe at all times during this challenge. Please ensure that you are fit enough to undertake this stair climbing activity and if you have any concerns please consult your GP in advance. As this fundraising activity will take place at a time(s) and place(s) of your choosing TUF cannot be held responsible for your safety.

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Leading the fight against urology disease