

What's Up in Urology Journal, Summer 2009?

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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. The Persian translation of this article is available from www.uj.unrc.ir.

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.

LAPAROSCOPIC SURGERY FOR VARICOCELE: A BETTER CHOICE?

Varicocele is an enlargement of veins that go through the groins to the testes in men. A painful mass called "bag of worms" appears in the groins. Men with this problem are usually young and if do not seek treatment, they may face infertility in the future. Dr Shamsa and his colleagues in Mashhad compared the advanced technique of laparoscopy with the conventional surgical methods for treatment of varicocele. In laparoscopy, small incisions are made and instruments, instead of the hands of the surgeon will go into the operation site. They found that using laparoscopy, the operation took around 30 minutes to perform, similar to the conventional surgeries. They also reported that complications with laparoscopy are somewhat more frequent. However, Dr Simforoosh a comment on the article by Dr Shamsa and colleagues, referring them to his similar article in which he found laparoscopy faster and with fewer complications. So, men with varicocele can consult with their doctors if they need surgical treatment to choose one of these options: laparoscopy, open surgery with general anesthesia, and open surgery with local anesthesia. Each of these has their own advantages and risks, and each surgeon may prefer one of these based on their own unique experience. However, it is a minor and safe surgery with trivial risks, and the patients should not worry about choosing the surgical options.

See page 170 for full-text article

WHAT HAPPENS TO THE OTHER KIDNEY IF YOU DONATE ONE?

Many people may ask whether losing one kidney is a great danger to their life. Today, scientists have proved that the answer is no, but they say it with care! A person with one kidney can have a normal life. That is why donating a kidney was ethically accepted among doctors. However, we cannot deny that one with only one kidney should be more careful about the remnant kidney that takes all the responsibility of the refinement of blood! Dr Bohlouli and his kidney transplant team followed kidney donors after transplantation to see what happens in the other kidney. They showed that within 3 months, the kidney enlarged and its blood circulation increased. This happens as a compensation for losing the peer one the other side of the body. They also showed that function of the kidney was slightly impaired after 1 week, but it returned to its normal range after 3 months. Therefore, a donor will have an almost normal kidney function. Although the transplant teams believe that donation of a kidney is usually done safely, they always remind the potential donor that donation has its own risks of undergoing a major surgery, and that in the long-term, the donor may be a little more at risk of kidney problems. To date, research has shown that this risk is not considerable. But anyway, care should be taken to guarantee a normal life for the donor.

See page 194 for full-text article

AVICENNA AND HIS DESCRIPTION OF THE PROSTATE

The Canon of Medicine of Avicenna, the Iranian scientist, is still a scientifically interesting book for Dr Madineh. He continued reviewing Avicenna's notes on the lower urinary tract diseases in the fourth part of his article series on history of medicine. Avicenna explains the mechanism of a normal voiding and causes of an abnormal voiding. His description of the physiology and disease of the prostate is an

interesting part of his book. Avicenna also tries to explain what roles may be played by the secretions from the prostate in men, and points out an anti-infection concept which is still a matter of research in the contemporary medicine. For those who are interested in the golden era of science and medicine in the Islamic World, the articles by Dr Madineh can be a reliable and valuable resource.

See page 228 for full-text article