

What's Up in Urology Journal, Winter 2010?

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www.uj.unrc.ir

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.

ELDERLY WITH KIDNEY STONE CAN CHOOSE THEIR TREATMENT

There are many surgical treatment options for removal of a stone from a kidney, but not all of them can be used for all patients. For example, the stone can be removed through the instrument inserted into the kidney from the flank of the patient. But, this surgery accompanies with risks in older patients. Extracorporeal shock wave lithotripsy, fraction of the stone by shock waves sent to the body, is another option. However, sometimes this does not work for the older patients either. In such a situation, the surgeon may have no choice but to take the risk! The first treatment, which is called percutaneous surgery, was attempted in patients older than 65 years by Dr Karami and his colleagues in Shohada-e-Tajrish Hospital, in Tehran. They compared the outcome with that in patients younger than 40 years. And now they can reassure their elderly patients that percutaneous approach would be safe and effective. Risky operations are sometimes inevitable, but in the hands of an experienced surgeon, the patient fills safe, especially when the surgeon has done research on its safety issues!

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KIDNEY TRANSPLANT AND A REMOTE ORGAN: THYROID

When the kidneys fail to work properly, almost all organs in the body will be affected. The same happens when the patient receives a kidney transplant. The thyroid gland was the subject of a group of kidney transplant in Mashhad. They measured thyroid hormones before

and then during the first days after a kidney transplantation. They observed a decrease in the levels of thyroid hormones, and the interesting finding was that such a decrease was greater in those who faced a delayed function of their new kidneys.

Kidney transplant is a very sophisticated surgery, and the patient needs extensive care after the surgery by a team of experts. Endocrinologists should also be involved in this process. The thyroid gland is one of the organs that have its own reactions to changes in kidney function and its substitution. Researchers have to pursue all these detailed alteration in the body, in order to provide the best care for the patients.

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ANTIDEPRESSANTS ARE NOT ONLY FOR YOUR DEPRESSION ...

Fluoxetine is now a worldwide famous drug, especially among depressed people. But another group of patients may know it very well. Fluoxetine can also help men with premature ejaculation. These men suffer from early ejaculation before they can have a complete intercourse. This sexual problem usually needs medical treatment with fluoxetine. However, it fails sometimes. Dr Dadfar and his colleagues offered another drug from the same antidepressant family to their patients who did not benefit from fluoxetine. The opponent's name is citalopram, and indeed, it did well. Dr Dadfar and his colleague followed their patients and reported the results in an article in *Urology Journal*.

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