

## What's Up in Urology Journal, Spring 2010?

*Urol J. 2010;7:140.*  
[www.uj.unrc.ir](http://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](http://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.

### URINARY STONES AND FAMILIAL RELATIONS

The prevalence of urinary stones varies significantly from country to country all over the world. Current data on the occurrence of urinary stones ranges between 2% and 20%. The annual incidence of stone formation in the industrialized regions is generally considered to be 1500 to

2000 subjects per million. Urinary stones prevalence may vary according to cultural, racial, and health variables among countries. Accurate prevalence of a disease can only be determined if geographical region, socioeconomic status, race, age, gender, climate, nutrition, and other environmental and cultural factors are also considered. Urinary stones were significantly associated with a positive family history of urinary stones. The positive family history of urinary stone has been reported in 16% to 37% of patients with the kidney stone compared with 4% to 22% in healthy population. In this study, it was also documented that family history is very common in Iranian population and is a risk factor for recurrence.

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### KIDNEY TRANSPLANTATION AND HEART

Renal insufficiency is one of the most important diseases, if left untreated can compromise the patient's life. Renal insufficiency can affect adversely various organs, most importantly the heart. Heart diseases are the major cause of death in patients with renal insufficiency. Coronary artery disease and left ventricular hypertrophy (thickness of the left ventricle wall) are the two most common heart complications

in patients with advanced renal insufficiency. Left ventricular hypertrophy is a risk factor for various heart diseases such as sudden death. Renal transplantation is the best method of treatment for the patients with advanced renal insufficiency. With renal transplantation, most complications of renal insufficiency in various organs will improve. The present study showed that renal transplantation had beneficial effects on function of the left ventricle in young patients with advanced renal insufficiency. Indeed, renal transplantation significantly improves the left ventricle function. Patients with renal insufficiency should proceed as early as possible for renal transplantation.

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### KIDNEY CANCER

Kidney cancer accounts for 3% of all adult malignancies and is known as "great mimicker". It means that kidney cancer can produce various signs and symptoms in affected patients. However, kidney cancer usually presents itself by three symptoms and signs: bloody urine, loin pain, and a palpable mass in the flank. Bloody urine, especially at older ages, is a very important sign; if it is ignored, it can cause serious problems for the affected person. Nowadays, with increased use of imaging, some kidney cancers are detected before causing classic presentation. Every solid renal mass is important and should be addressed by physician. Sometimes the renal mass spontaneously ruptures and causes emergency situation. Therefore, timely dealing with every solid renal mass is mandatory.

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