

# Urology

## Insights

- Summery on Benign Prostatic Hyperplasia (BPH)
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- Summery on Over Active Bladder



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MBBS, DNB (General Surgery), MNAMS, DNB (Urology)

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## Know the expert

## Summery on Benign Prostatic Hyperplasia (BPH)

### What is an Enlarged Prostate?

An enlarged prostate occurs when men's prostate gland slowly grows bigger as they age. More than half of men over age 60 have this condition, also called benign prostatic hyperplasia (BPH). Some men have symptoms and others don't. The exact causes are unknown, but one thing is sure: BPH is not cancer and it does not lead to cancer. The prostate sits below the bladder and produces fluid for semen.

### Symptom:

- Frequent or urgent need to urinate.
- Increased frequency of urination at night (nocturia)
- Difficulty starting urination.
- Weak urine stream or a stream that stops and starts.
- Dribbling at the end of urination.
- Inability to completely empty the bladder.

### Who Gets an Enlarged Prostate?

Most men get an enlarged prostate as they age. The prostate gland grows throughout most of a man's life, first at puberty and then from about age 25 on. It usually doesn't cause symptoms before the age of 40. But by age 85, up to 90% of men have symptoms. Only about a third of men with an enlarged prostate are bothered by symptoms.



## Treatment:

### Lifestyle Changes

- Cut down or cut out alcohol and caffeine.
- Drink small amounts all day rather than large amounts all at once.
- Avoid fluids at bedtime.
- Double void: Empty your bladder, wait a moment, then try to empty it again.
- Relax. Stress can trigger the urge to pee.
- Exercise regularly.

### Medications

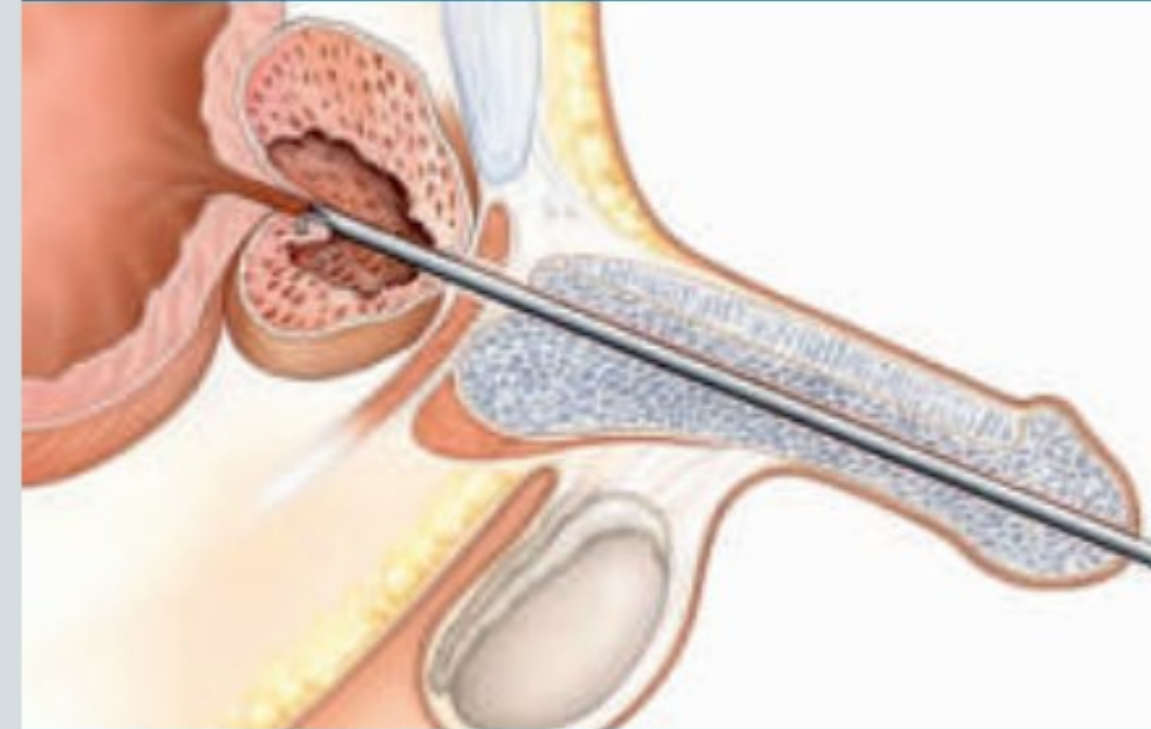
- A health care provider or urologist may prescribe medications that stop the growth of or shrink the prostate or reduce symptoms associated with benign prostatic hyperplasia.

### Minimally Invasive Procedures

- Researchers have developed a number of minimally invasive procedures that relieve benign prostatic hyperplasia symptoms when medications prove ineffective.

### Will BPH Affect Sex Life?

There is some evidence that older men with severe BPH symptoms may be more likely to have problems in the bedroom, compared to other men their age. Some of the medications commonly used to treat BPH have been associated with problems getting an erection and ejaculating. If you develop sexual issues, talk to your doctor.



## Summary on Kidney stone

### What Are Kidney Stones?

As the kidneys filter waste from the blood, they create urine. Sometimes, salts and other minerals in urine stick together to form small kidney stones. These range from the size of a sugar crystal to a ping pong ball, but they are rarely noticed unless they cause a blockage.

### Symptoms

- Severe pain in the back, belly, or groin
- Frequent or painful urination
- Blood in the urine
- Nausea and vomiting

### Preventing Future Kidney Stones

If you had a calcium stone, your doctor may suggest cutting back on salt, which cause the body to dispense more calcium into the urine, as well as animal protein. You may also be advised to avoid high-oxalate foods, including chocolate, instant coffee, tea, beans, berries, dark leafy greens, oranges, tofu, and sweet potatoes. The best way to ward off new kidney stones is to drink enough water to keep urine clear.



# Summery on Over Active Bladder

## What is Overactive bladder (OAB) :

It is the name for a group of urinary symptoms. It is not a disease. The most common symptom is a sudden, uncontrolled need or urge to urinate. Some people will leak urine when they feel this urge. Another symptom is the need to pass urine many times during the day and night. OAB is basically the feeling that you've "gotta' go" to the bathroom urgently and too much.

## Symptoms:

**Urgency:** The major symptom of OAB is a sudden, strong urge to urinate that you can't ignore. This "gotta go" feeling makes you fear you will leak if you don't get to a bathroom right away. You may or may not actually leak with this urge to go.

## How to improve bladder health

### Bladder related:

- Empty bladder regularly and avoid holding on.
- Do pelvic floor exercises
- Try to avoid conditions that favor bacterial growth

### Lifestyle related:

- Exercise regularly
- Stop smoking
- Avoid constipation

### Food and beverage related:

- Drink adequate amounts of fluids, especially water
- Eat a healthy diet with plentiful fruit and vegetables
- Limit caffeine and alcohol intake

## Treatments Available:

- Endourology
- TURP
- URS, PCNL, RIRS
- OIU
- TURBT
- Urethraloplasty, Pyeloplasty, VVF
- Andrology
- Urooncosurgery
- Advanced Laproscopic surgery
- Male Infertility
- Holmium laser
- Uro-gynecology
- Pediatric Urology
- Uroflowmetry
- Prostate biopsy

## Kegel (Pelvic Floor) Exercises

### Identifying the Pelvic Floor

#### • 1. Perform bridges.

- Start by laying on your back with your knees bent, keeping your feet about a fist distance apart.
- Then flex your lower abdominal muscles and lift your hips off the ground slightly.
- Your buttocks should barely be off of the floor and you should keep your inner core muscles flexed.
- Hold for 3 seconds and slowly return your hips to the ground.



#### • 2. Practice wall squats.

- Position yourself against a wall, with your feet about hip-width apart.
- Take a deep breath and tighten your pelvic floor. Then slide your back down the wall, lowering into a squat (like you're sitting in a chair).
- Hold this for 10 seconds, then stand back up.



### • **3. Do some " dead bug crunches.**

- Start lying on your back, with your knees bent and your feet at knee level.
- Strength your arms straight up toward the ceiling.
- Take a deep breath, tighten your pelvic floor muscles, and extend your right arm. and left leg in opposite directions.
- Release back to the position your started in, and repeat on the right side.



### • **4. Continue these exercises daily for at least 12 weeks.**

- Make it a habit to exercise your pelvic floor.
- It can take up to 12 weeks of regular practice in order for you to start seeing results.
- You will see more significant results if you continue to increase the intensity of these exercises each week.



### • **5. Lay on your back with your knees bent.**

- Place your hands on your pubic bones in a "V" formation.
- Your thumbs and forefingers should touch, with the outline of your hands laying along your hip bones and pelvic mound.
- This particular method for locating your pelvic floor can work for both men and women.



### • **6. Push your mid-back into the floor.**

- As you press your lower back into the floor, think about tightening your lower abdominal muscles.
- Hold this position for 3-10 seconds, Relax your muscles and repeat this exercise a few times.



### • **7. Perform Kegel contractions.**

- Contract your pelvic muscles for 3 seconds, then release them for 3 seconds.
- Repeat this exercise 10 times. Do some Kegels every day, and increase the number of sets you do each day as you grow stronger.
- Perform rapid contractions
- Once you can successfully contract your pelvic floor, try doing some quick contractions
- Instead of tightening and holding, contract the muscles and release them 10 times in a row.
- Rest after you have done 10 fast contractions.





**IPD**



**Pathology**



**Pathology**



**Reception**



**OT**



Know the expert:

**Dr. Prashant Kumar**

MBBS, DNB (General Surgery)

MNAMS, DNB (Urology)



Professional Summary:

Dedicated, patient-focused healthcare professional with an avid interest in research as well as presentation and publication of research work. Extensive experience gained in minimally invasive urologic surgery as well as open surgery including laparoscopic and endourological skills and Renal transplant under the proctorship of Dr. Sachin Joseph and Dr. P. Roy John. Compassionate and enthusiastic team player devoted to providing highest levels of care to diverse populations.

Salient interest:

Special interest in Endourology, Minimally invasive Surgery (LAPASOSCOPIC SURGERIES) and Renal transplants.  
LASER Surgery for stones

Performed independently more than 100 Laparoscopic Donor Nephrectomy.

performed surgeries like

- TURP, TUIP, TURBT
- DVIU, BNI
- RIRS, URS, PCNL
- CYSTOLITHOLAPAXY
- ENDOPYELOTOMY
- URETHROPLASTY
- LAPROSCOPIC REPAIR (PUJO, Ureteric re implant, Nephrectomy)
- TVTO, ZSR
- CAPD and many more.

## Membership:

- UROLOGICAL SOCIETY OF INDIA
- EAST ZONE CHAPTER OF USI

## DNB (General surgery) THESIS:

My dissertation for the award of Doctorate of National Board (DNB) (General surgery) was "Observation on cases of Acute Pancreatitis". The project was undertaken over a period of 2 years between June 2011 and May 2013. The study involved an audit of 60 patients with Acute Pancreatitis at, Alam hospital and research centre, Ranchi during the stated period.

## DNB (Urology) THESIS:

My dissertation for the award of Doctorate of National Board (DNB) (Urology) was "Study on outcomes and safety of Retrograde Intrarenal Surgery for renal stones.". The project was undertaken over a period of 1 years and 11 months between April 2017-March 2019. The study involved study of 70 Patients at Medical Trust Hospital, MG Road, Kochi, Kerala during the stated period.

## PUBLICATIONS/PRESENTATIONS:

1. JAISCON 2013- First prize for best case presentation
2. INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH –The role of diagnostic laparoscopy in chronic abdominal pain. International journal of scientific research, April 2016;5(4): 4-6.
3. Prashant kumar, Alam M. Inverted ileal loop prolapse through patent vitelloinFFSDZTGLRAWQ'Etestinal duct. Med J DY Patil Vidyapeeth,2022;15:264-5.
4. Prashant kumar,Laparoscopic Right Donor Nephrectomy with Complete Left Sided Inferior Vena Cava: Rare Case Report. Int J Transplant Res Med 6:058. doi.org/10.23937/2572-4045.1510058
5. Prashant kumar, Joseph S, Misra PK,Nair KS. Forgotten double J stent in crossed renal fused ectopia: a rare case report. Int Surg J,2020;7:3497-9.
6. DUPLICATION OF INFERIOR VENA CAVA IN LAPAROSCOPIC DONOR NEPHRECTOMY: CASE REPORT,\*Prashant Kumar and Roy John, P. International Journal of Recent Advances in Multidisciplinary Research, Vol. 07, Issue 12, pp. 6404-6406, December, 2020
7. Prashant kumar, Anshuman D, Pankaj K, Prem K, Janoria S. Laparoscopic pyelolithotomy for recurrent stone in previously operated ectopic pelvic kidney. Gen Surg Open A Open J. 2021; 2(1): 60-62. doi: 10.33169/surg.GSOAOJ-2-117

## CONTINUED MEDICAL EDUCATION (COURSES/CONFERENCES ATTENDED)

- ASICON 2012 National Conference of Association of Surgeons of India on 25-30th Feb Held at Kolkata
- Association of surgeons of India, Jharkhand chapter 22 Jan 2013 held at Ranchi
- 3D Laparoscopy workshop organised in Kochi in 2017
- Andrology Training Workshop by Dr.Rupin shah at MPUH, Nadiad on 4-7th April 2018
- 51ST USICON-2018 Annual Conference of Urological Society of India O On 18-21st Jan 2018 Held at Jaipur
- 52nd USICON-2020 Annual conference of Urological society of India in Jan 2020, in Kochi
- Many master classes across the country.
- 30th Annual conference of USI (EAST ZONE) held in Kolkata from 22-24th October 2021
- PCNL workshop held in Hyderabad in 2022
- PENRECON 2022 held at Ahmedabad on 25-26 June 2022.
- Presented paper on CHALLENGES OF LAPROCOPY IN UROLOGY in JUSCON 2022 in dhanbad.

## Latest achievements:

- Performed First ZSR STAPLER circumcision & Performed Laproscopic VVF repair
- Performed first laparoscopic adrenalectomy in Jharkhand for adrenocortical carcinoma.
- Performed numerous laparoscopic Pyeloplasty in anomalous kidneys.
- Advanced laparoscopic complex surgeries.
- Did more than 100 total Laparoscopic donor nephrectomy.
- Independent 500 plus RIRS case series.
- Laser Prostatectomy

## Voice of patients:



### Mr. Surya Shashi

Doctor is very polite & helpful. I took my grandfather. He was suffering from prostate. Quick test result and fast relief medicine was the charm.

### Mr. Praveen Acharya

Had a visit at urology care unit. I must say Dr. Prashant Kumar gave detailed information about the issue. The premises of clinic and hospital are maintained well. They are also planning to start the government scheme. So kudos to entire urology clinic. Trust the doctor and take the treatment. Get well soon.

### **Mr. Kamesh Kumar**

Wonderful experience. Dr. is soft spoken, take care, does the exhaustive analysis of the problems of the patients and renders very good treatment. The staff is experience and cooperative.

### **Mr. Shaan Mirza**

Dr. Prashnat is good listener & his treatment is very nice. All staffs are good. Dr. Prashant is best urologist in Ranchi.

### **Mr. Shalini Chandra**

This clinic is suitable for all your urology related issues. Specially the Dr. Prashant is very nice and best consultant. He treats all his patients as challenge. He is superb human being. All the best for him.



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