

OBESITY AND THE URINARY TRACT

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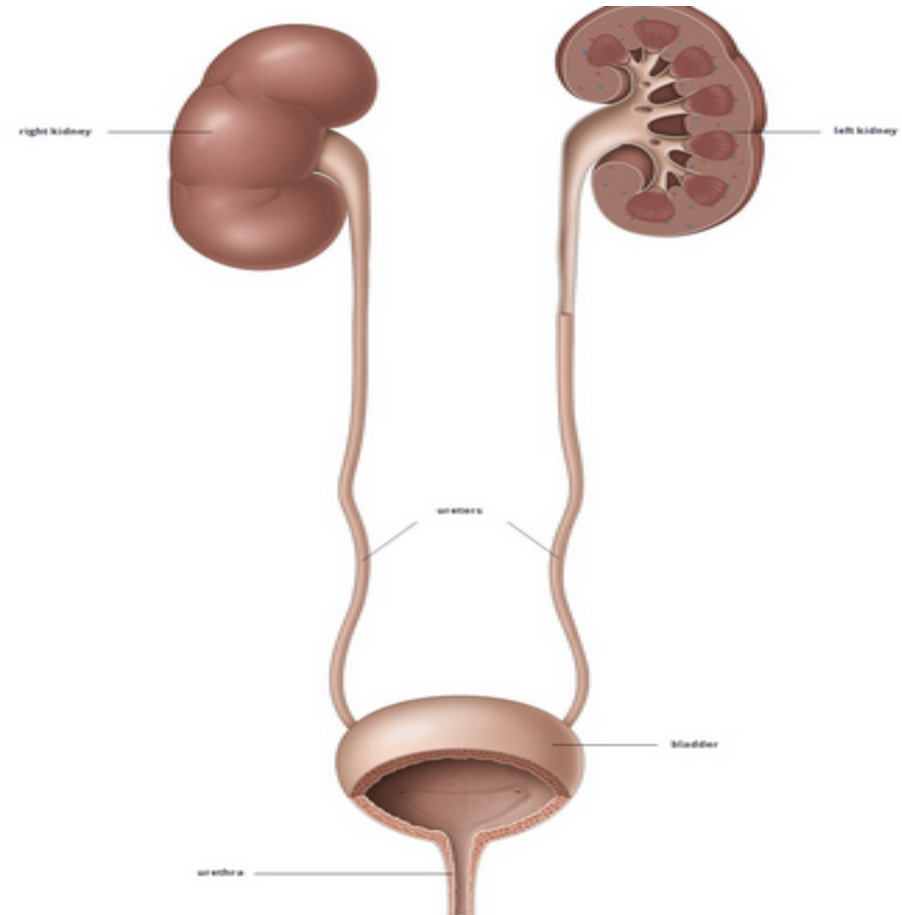


UROLOGICAL SOCIETY
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OBESITY AND THE URINARY TRACT

- Kidneys:
 - Stones
 - Glomerulosclerosis
- Bladder
 - Incontinence
 - Urinary tract infections
- Genitalia
 - Skin break down
 - Phimosis
 - Disappears
 - Infertility
 - Hypogonadism
 - Prolapse
 - ED



DICK

- 50 year old Male
 - Presents with right loin pain
 - Classic for renal stones
 - “Similar to last lot of pain”
 - Otherwise “well”
 - BMI >35
- USS:
 - “difficult due to patients body habitus, multiple small stones right kidney ”

OBESITY AND STONE DISEASE

- **DICK WANTS TO KNOW..**
- **WHY DOC?**
 - Why am I getting all these stones?
- **WHAT CAN I DO?**
 - Can I change my diet?

OBESITY AND STONE DISEASE

- WHY???
 - Increased BMI = Increased risk of stone
 - Excess intake of lithogenic substances
 - Refined sugars
 - Low fluid intake
 - Oxalates rich foods
 - Purine rich foods

OBESITY AND STONE DISEASE

- WHY???
- Increase risk of UTI = Increase risk of infection related stones
- Reduced urine pH = Increase number of uric acid stones
- Treatments = Increase oxalate based stones

OBESITY AND STONE DISEASE

- **WHAT CAN I DO?**
 - **LOSE WEIGHT**
 - Majority of the increase risk returns to normal
 - **ALTER DIET**
 - Decrease your oxalate intake
 - Decrease your purine intake
 - Balance out your calcium intake
 - **INCREASE FLUID INTAKE**

OBESITY AND STONE DISEASE

- **WHAT DOES THAT ACTUALLY MEAN?**
 - Try and get patients to increase their fluid intake of **WATER** so then their urine is clear looking
 - Alterations in the diet to **PREVENT** further stones

OBESITY AND STONE DISEASE

DECREASE PURINE RICH FOODS FOR URIC ACID STONES



DECREASE OXALATE RICH FOODS FOR CALCIUM OXALATE STONES



OBESITY AND STONE DISEASE

- **TREAT THE CURRENT STONES:**
 - **Send for Urology referral**

- **All interventions are still available for Obese patients depending on**
 - **1. Anaesthetic risk**
 - **2. Skin to Stone distance for the equipment**

AND ALSO... IM REALLY WORRIED ABOUT...

- **MY PENIS IT HAS DISAPPEARED**
- **31% = OBESE**
- **35% = OVERWEIGHT**
- **ADULT BURIED PENIS IS AN INCREASING PROBLEM...**

OBESITY AND THE DISAPPEARING PENIS

- WHY IS THIS A PROBLEM??
- HYGIENE
- SKIN BREAK DOWN
- PHIMOSIS
- INCONTINENCE
- “MISDIRECTED FLOW”
- RETENTION
- SEXUAL DYSFUNCTION
- ERECTILE DYSFUNCTION
- POSSIBLE PRECURSOR TO SCC AS SITTING IN MOIST ENVIRONMENT CAUSING MALADPATIVE SKIN CHANGES
- PSYCHOLOGICAL HEALTH

OBESITY AND THE DISAPPEARING PENIS

- SO WHY DOES THIS HAPPEN...
 - WITH INCREASED WEIGHT
 - EXCESSIVE MOISTURE
 - PROMOTION OF BACTERIAL OVERGROWTH
 - TISSUE MACERATION
 - INFECTION
- LEADING TO CHRONIC CYCLE OF INFLAMMATION, SCARRING, AND WORSENING OF THE SKIN AND FURTHER SHORTING

OBESITY AND THE DISAPPEARING PENIS

- **WHAT CAN I DO DOC?**
 - **WEIGHT LOSS AND EXERCISE!!**
 - **NO MEDICAL THERAPIES**



"No, it's not water. You seem to be retaining food."

OBESITY AND THE DISAPPEARING PENIS

- SURGERIES:

- MULTIPLE DIFFICULT OPERATIONS AVAILABLE
- LIPOSUCTION , SKIN GRAFTING, TRANSPOSITIONS.....
- RESULTS WITH UROLOGICAL RECONSTRUCTION SURGEON LIKE MYSELF ARE GOOD WORLDWIDE

OBESITY AND THE URINARY TRACT

- **Unfortunately:**
 - **Increasing epidemic**
 - **Increasing number of patients effected**
 - **Important to try and alter diet and fluid for prevention as easier than treatment**

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