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Urological Men's Health

A Guide for Urologists and
Primary Care Physicians

Editor

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 Humana Press

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ISBN 978-1-61779-899-3 ISBN 978-1-61779-900-6 (eBook)
DOI 10.1007/978-1-61779-900-6
Springer New York Heidelberg Dordrecht London

Library of Congress Control Number: 2012938648

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Printed on acid-free paper

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Preface

Men's Health is a rapidly growing, controversial, and shifting topic. The stereotypical dislike of men going to the doctor is often based in fact, especially for preventative visits. Indeed, it is often with the onset of voiding or erectile problems that men make the plunge to seek medical help. As a result, the Urologist is often the initial gatekeeper for male patients, whose mild erection problems may mask serious cardiovascular disease, diabetes, lipid disorders, or hypogonadism. There has been an increasing trend to make Urology the male "home" for healthcare, analogous to the role of Gynecology for women. While a Urologist may not want to take on this role, it is incumbent on us to identify these contributing systemic problems and refer when appropriate.

This book will cover the major urologic conditions that impact the health and well-being of the adult male. It will begin with an overview of men's preventative health in general, as practiced by a world leading Executive Health center. It will then cover the major genitourinary malignancies and address the latest controversies in screening and treatment selection. The conditions that don't shorten life but have a major impact on the quality of life and health care expenditure—BPH, urinary incontinence, infertility, urethral strictures, erectile dysfunction, urinary tract infections, and chronic pelvic pain—will be addressed next. Also included will be chapters on herbal and complementary therapy, psychological and spousal support in urologic illness, and the links between genitourinary disease and general vascular endothelial dysfunction.

I would like to thank the series editor Eric Klein MD for his support of this volume and the staff at Springer, especially Kevin Wright, for their hard work in making this possible.

Cleveland, OH, USA

Daniel A. Shoskes

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