

# WISCONSIN UROLOGY

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THE ONLINE NEWS SOURCE FOR ALUMNI AND FRIENDS OF THE UW UROLOGY PROGRAM



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## Notable and Newsworthy

Dr. Dan Gralnek won the 2021 Wear Teaching Award in recognition of outstanding Urology resident education.

Dr. Gray Roberge received the 2021 Ira Sisk Award in recognition of outstanding performance on the resident In-Service Exam.

Dr. Emily Serrell received the 2021 Resident Teaching Award in recognition of outstanding teaching in the Third Year Surgery Clerkship.



Dr. Sara Best has been selected to serve as the Co-Director of the American Urological Association's Oral Board Review Course.

Dr. Stephen Nakada has been made an honorary member of the Endourological Society for his career long commitment to the Society.



Dr. Nakada has also been reappointed as the David Theodore Uehling Professor of Urology.

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## Urology and Men's Health

June is Men's Health Month, and it is important to remember the critical role urologists play in fostering an optimal environment in which men can achieve their best health status.

Many men who do not seek routine medical care will often have contact with the health care system through a urological appointment for specific male health concerns, and this affords the urologist a chance at educating male patients and promoting overall healthy habits. Young men may be seen for a discussion regarding vasectomy, and education about the importance of testicular self-examination and future prostate cancer screening (especially for those men with a significant family history of this malignancy) can be performed as part of the vasectomy consultation. For older men, changes in voiding habits and the quality of erections are often symptoms that lead them to seek medical care.



As the providers who are the experts in managing these conditions, urologists can provide efficient and effective evaluation and treatment of these symptoms while at the same time educating men about the role that urological symptoms play as part of a man's overall health. For example, the connection between erectile dysfunction and coronary artery disease is well-established. As part of the assessment of a man's risk factors for erectile dysfunction, insight into the presence of underlying conditions such as diabetes, hypertension, and hyperlipidemia can be revealed.

Promotion of health habits that are both penis-healthy and heart-healthy may improve a man's erections while at the same time reduce his risk of coronary artery disease. Similarly, the connection between voiding complaints and other medical conditions such as sleep apnea, diabetes, and congestive heart failure allow a urologist to play a role in revealing possible undiagnosed critical health risks for a man and providing guidance and encouragement for treatment of those conditions.

Finally, prostate cancer remains a highly prevalent condition, and other genitourinary malignancies such as bladder cancer and kidney cancer are more common in men. Stressing the importance of screening for prostate cancer and surveillance for symptoms such as hematuria, as well as educating men about the important role that smoking cessation and weight loss play in the risk reduction for genitourinary malignancies, are additional ways that urologists can impact men's health more generally.

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