



## Because We Care

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## Urolithiasis

It has been estimated that up to 10% of males and 5% of females will experience urolithiasis at some time during their lives.

### Definition

Urolithiasis denotes stones originating anywhere in the urinary tract, including the kidneys and bladder. Kidney stones form as a result super-saturation of the urine with stone-forming salts or, less commonly, from recurrent urinary tract. Stasis in the urinary tract due to local anatomic anomalies may also promote or enhance stone formation.

### Diagnosis

A definitive diagnosis of urolithiasis cannot be based on symptoms alone.

A definitive diagnosis of a stone requires radiologic imaging. KUB is simple and requires no preparation, IVP, provides more anatomic information, Ultrasound has the advantage of avoiding exposure to radiation; The most sensitive imaging modality for the diagnosis of renal, ureteral, and bladder calculi is CT.

### Risk Factors

Risk factors for urolithiasis include age, sex, diet, geographic location, systemic and local medical conditions, genetic predisposition, and urinary composition.

### Treatment

Treatment options include: shock wave lithotripsy (SWL), ureteroscopy, percutaneous nephrostolithotomy (PCNL), and open or laparoscopic stone removal

**Because we care , So please get care**

## Bananas

Scientists thought and thought .... Why is monkey eating bananas?!!!

Why monkey is always active?!!!!

They did many experiments on the monkey and bananas until they reached to unbelievable facts about bananas.

They found that bananas contain three natural sugars: Fructose, sucrose, glucose and fibers which gives us energy. A scientific research has proven that only bananas can provide sufficient energy to carry out exercise for 90 minutes. No wonder the bananas are the first fruits for the athletes. In addition to energy, activity and health bananas help us to overcome on a large number of diseases.

### Melancholy / Depression

According to a new study on persons with depression, many felt improvement after eating bananas, which bananas contain tryptophan a kind of protein the body transfer it into serotonin, that give the body rest and relaxation ,improves mood and makes you feel happy.

### Anemia

Bananas contain iron, and are stimulating the production of hemoglobin in the blood and which help to treat anemia.

### Stimulating brain ability

In a study included 200 students, were given bananas with breakfast, break and lunch to stimulate the ability of brain. Studies have shown that the fruit which reach with potassium help to stimulate brain ability of the student to learn more.

### Weight gain and work

Studies did by Institute of Psychology in Austria prove that pressure of work leads to devour things such as chocolate and chips, where it found that the cause of obesity more than 5000 employee was probably due to pressure of work, to avoid the danger of eating unhealthy meal we need to control blood sugar by eating every two hours meals high in carbohydrates and vitamins. So the bananas were the most appropriate fruit for the prevention of obesity.

### Intestinal acidity

Banana-impact natural rate of acidity in the body, are advised to eat the bananas to get rid of the acidity.

### Smoking

Bananas can help people who are trying to stop smoking, because it contains vitamins B6 and B12 as well potassium, magnesium also help the body to recover from effects of nicotine.

Thus bananas fully integrated food therefore, may be it is the time to replace the quote said:

**An apple a day keeps a doctor away to A banana a day gives you energy all the day.**

