

Together we can

Urology



Once never discussed, then only in whispered confidences behind closed doors, urological conditions are now front and centre for a growing number of people in our community. Incontinence, sexual dysfunction, pelvic pain, bladder cancer and prostate cancer — the most common cancer among men today — are prevalent and the rate of incidence is expected to rise as our population ages.

A young mother asks for help coping with a weakened bladder following

childbirth. A couple is concerned about the early signs of erectile dysfunction. A man requires a biopsy following an elevated PSA test for prostate cancer. Chronic pelvic pain prevents a young construction worker from living life to the fullest. These and countless other patients benefit from the full range of quality urological care available through the university hospitals of Kingston.

For more than 30 years, the Department of Urology has played

a transformative role in enhancing patient care and improving awareness of urological diseases and conditions. In addition to inpatient and outpatient medical and surgical urology services, the department's six urologists offer outreach clinics in several Southeastern Ontario community hospitals, as well as in the primarily aboriginal community of Moose Factory in northern Ontario.

Government doesn't pay for all of our hospitals' equipment, research and education needs. That's why local support for our hospitals is critical if we want our community to have the very best health care services.

Equipment

The practice of urology benefits from ongoing improvements in the delivery of care but, as with many medical specialties, the changes are often technology-dependent. Twenty years ago, for example, surgery was required to examine a patient's urethra and bladder. Today, the same procedure is completed in an outpatient clinic using a cystoscope, a thin, lighted instrument that can be inserted directly into the urethra and bladder and even used to remove tissue samples, bladder stones and small cysts.

Unfortunately, such equipment is very expensive and difficult to maintain. Kingston's hospitals have an ongoing need for funding to



support the purchase and repair of rapidly changing technologies, such as the laser lithotripter used to break-up painful kidney and bladder stones, and X-rays machines used in the diagnosis and monitoring of urological treatments.

Education

Gene analysis is revolutionizing the ways in which diseases are diagnosed and treated. Herbal therapies are showing untapped promise in the treatment of painful prostate and bladder diseases. And more urological patients have the option of laparoscopic procedures – less invasive surgery via small incisions with the help of a scope, light and video screen – that ensure shorter hospital stays and faster recovery for patients.

Kingston's urological staff place top priority on remaining abreast of these and other emerging fields through formal and informal continuing education opportunities. Investments in continuing education could train staff to use a remote, voice-activated system that puts nurses directly in touch with on-call doctors without the barriers of place or time. A fund to provide relief time for nursing education, for example, will enable the program to retain on-call nursing staff to care for patients when full-time team members are on conference.

The best measure of the team's success in continuing their education is the growing demand for residency placements among those seeking outstanding and novel learning opportunities. Last year, 40 talented applicants from across

Canada competed for just one urological residency position within Kingston's hospitals.

Research

In 2005, the Department of Urology unveiled the Centre for Applied Urological Research (CAUR), Canada's first independent, academic urology research centre. Established with close to \$1 million in donations from private donors and industry, CAUR is home to a robust program of research and clinical care that includes more than 20 research projects totaling upwards of \$2.5 million.



A cornerstone of CAUR is the work of Dr. Curtis Nickel, one of the country's top urologists and specialists in inflammatory diseases of the genito-urinary tract. Dr. Nickel was awarded \$8 million by the U.S. National Institutes of Health to examine the role of alternative herbal

therapies, complementary therapies and radically novel treatment in prostate and bladder diseases. His work complements that of his colleagues, including Dr. Alvaro Morales, CAUR's Director and the "father" of a vaccine widely recognized as the standard of care for bladder cancer and the foundation of current immunotherapy research.

With continued investments of expertise, time and resources, Kingston's urological researchers have the capacity to change the face of urological conditions leading to improved prevention, diagnosis and treatment.

Opportunities for giving

- Unrestricted gifts to help the program
No minimum
- Patient care equipment
(list available)
\$1,000 - \$175,000
- Send a nurse to a conference or training session
\$500 - \$3,000
- Support on-site training session for clinical staff
\$2,000 - \$5,000
- Invest in local hospital research
No minimum