

pocket guide to urology

pocket guide to urology offers an essential resource for healthcare professionals, students, and patients seeking a concise yet comprehensive understanding of the urinary tract system and male reproductive health. This guide covers fundamental concepts, common urological conditions, diagnostic techniques, and treatment options. It emphasizes critical knowledge needed for clinical practice, including anatomy, physiology, and pathology of the urinary and genital systems. Furthermore, the guide explores advances in urological procedures, minimally invasive surgery, and patient management strategies. The purpose is to enhance awareness and competence in addressing urological disorders effectively. Below is a detailed table of contents outlining the key topics discussed in this pocket guide.

- Overview of Urology
- Common Urological Conditions
- Diagnostic Methods in Urology
- Treatment Modalities and Surgical Techniques
- Preventive Care and Patient Management

Overview of Urology

Urology is a specialized branch of medicine focusing on the diagnosis and treatment of diseases affecting the urinary tract in both males and females, as well as the male reproductive system. This field encompasses a wide range of disorders involving the kidneys, ureters, bladder, urethra, and male genital organs such as the prostate, testes, and penis. Understanding the anatomy and physiology of these systems is fundamental to identifying pathological changes and managing urological diseases effectively.

Anatomy of the Urinary System

The urinary system consists of the kidneys, ureters, bladder, and urethra. The kidneys filter blood and produce urine, which travels through the ureters to the bladder, where it is stored until excretion via the urethra. In males, the urethra also functions as a passageway for semen during ejaculation, making urology a unique specialty that addresses both urinary and reproductive health.

Physiology and Function

Normal urinary function depends on the coordinated activity of the kidneys, bladder, and associated sphincters. The kidneys maintain fluid and electrolyte balance, regulate blood pressure, and remove metabolic waste. The bladder stores urine and signals the need for voiding. Proper functioning of these components is crucial for maintaining homeostasis and ensuring patient well-being.

Scope of Urology Practice

Urologists manage a variety of conditions ranging from infections and stones to cancers and congenital abnormalities. Their expertise also extends to male infertility, sexual dysfunction, and trauma to the genitourinary tract. This diverse scope requires proficiency in medical management, surgical intervention, and long-term patient care.

Common Urological Conditions

A wide spectrum of diseases falls under the purview of urology. Recognizing presenting symptoms and understanding the pathophysiology of these conditions is essential for accurate diagnosis and treatment planning. This section highlights some of the most frequently encountered urological disorders.

Urinary Tract Infections (UTIs)

UTIs are bacterial infections affecting any part of the urinary tract. They are more common in females but also affect males, particularly those with anatomical abnormalities or catheterization. Symptoms include dysuria, frequency, urgency, and suprapubic pain. Untreated infections may lead to complications such as pyelonephritis or sepsis.

Benign Prostatic Hyperplasia (BPH)

BPH is a noncancerous enlargement of the prostate gland that commonly affects aging men. It often results in lower urinary tract symptoms such as urinary retention, weak stream, nocturia, and incomplete bladder emptying. Management options range from lifestyle modifications to pharmacologic therapy and surgery.

Kidney Stones (Nephrolithiasis)

Kidney stones form when minerals crystallize in the urine, causing pain, obstruction, and hematuria. Factors contributing to stone formation include

dehydration, dietary habits, and metabolic disorders. Treatment depends on stone size and location and may include hydration, analgesics, lithotripsy, or surgical removal.

Urological Cancers

Malignant tumors in the urinary tract and male reproductive organs comprise a significant aspect of urological practice. Common cancers include prostate, bladder, kidney, and testicular cancers. Early detection and staging are critical for effective treatment, which may involve surgery, radiation, chemotherapy, or targeted therapies.

Male Sexual Dysfunction

Conditions such as erectile dysfunction and premature ejaculation affect the quality of life and may signal underlying health issues like cardiovascular disease or diabetes. Diagnosis requires careful history-taking and examination, while treatment includes pharmacological agents, counseling, and lifestyle changes.

Diagnostic Methods in Urology

Accurate diagnosis is vital for effective management of urological diseases. This section outlines the key diagnostic tools and techniques used by urologists to evaluate patients presenting with urinary and reproductive symptoms.

Laboratory Tests

Urinalysis, urine culture, blood tests including serum creatinine and prostate-specific antigen (PSA), and hormonal assays are commonly employed to identify infections, renal function, and malignancies. These tests provide essential biochemical and microbiological data for clinical decision-making.

Imaging Techniques

Imaging plays a pivotal role in visualizing structural abnormalities and guiding treatment. Ultrasound is widely used for kidney, bladder, and prostate evaluation due to its noninvasive nature. Computed tomography (CT) scans and magnetic resonance imaging (MRI) offer detailed cross-sectional images for detecting stones, tumors, and congenital anomalies.

Endoscopic Procedures

Cystoscopy and ureteroscopy allow direct visualization of the urinary tract mucosa, enabling biopsy, stone extraction, and therapeutic interventions. These procedures are essential for diagnosing bladder tumors, strictures, and other intraluminal pathologies.

Urodynamic Studies

These tests assess bladder function and urinary flow dynamics, aiding in the evaluation of incontinence, obstruction, and neurogenic bladder disorders. Urodynamics include cystometry, uroflowmetry, and pressure-flow studies.

Treatment Modalities and Surgical Techniques

Treatment in urology ranges from conservative management to complex surgical interventions. This section discusses the various approaches tailored to specific conditions and patient needs.

Medical Management

Pharmacotherapy is often the first-line treatment for infections, BPH, erectile dysfunction, and overactive bladder. Antibiotics, alpha-blockers, 5-alpha-reductase inhibitors, phosphodiesterase inhibitors, and anticholinergics are commonly prescribed medications.

Minimally Invasive Surgery

Advancements in technology have led to the widespread adoption of minimally invasive techniques such as laparoscopic and robotic-assisted surgery. These approaches reduce postoperative pain, shorten hospital stays, and improve recovery times. Procedures include prostatectomy, nephrectomy, and pyeloplasty.

Endourological Procedures

Endourology utilizes endoscopic instruments for treating stones, strictures, and tumors without large incisions. Techniques include transurethral resection of the prostate (TURP), laser lithotripsy, and ureteral stenting.

Open Surgery

In complex cases or when minimally invasive options are not feasible, open

surgery remains a critical component of urological care. Indications include large tumors, extensive trauma, or congenital malformations requiring reconstruction.

Preventive Care and Patient Management

Preventing urological diseases and optimizing patient outcomes requires a comprehensive approach incorporating lifestyle modifications, screening, and chronic disease management.

Patient Education and Lifestyle

Educating patients about hydration, smoking cessation, diet, and physical activity can reduce the risk of stone formation, infections, and malignancies. Awareness about symptoms prompting early medical consultation is also crucial.

Screening and Early Detection

Regular screening for prostate cancer using PSA levels and digital rectal exams is recommended for at-risk populations. Early detection of bladder cancer and kidney disease improves prognosis and therapeutic success.

Chronic Disease Management

Managing comorbidities such as diabetes, hypertension, and obesity is vital as they directly impact urological health. Coordinated care with primary physicians and specialists enhances patient outcomes.

Follow-up and Rehabilitation

Post-treatment follow-up ensures early identification of complications or recurrence. Rehabilitation services, including pelvic floor therapy and sexual counseling, support recovery and quality of life.

- Maintain adequate hydration to promote urinary tract health.
- Practice safe sexual behaviors to prevent infections.
- Adhere to medication regimens for chronic urological conditions.
- Attend regular medical checkups and screenings.

- Report new or worsening symptoms promptly to healthcare providers.

Frequently Asked Questions

What is the 'Pocket Guide to Urology' about?

The 'Pocket Guide to Urology' is a concise reference book designed to provide essential information on urological diseases, diagnostics, and treatments, useful for medical students, residents, and practicing urologists.

Who is the target audience for the 'Pocket Guide to Urology'?

The guide is primarily aimed at medical students, urology residents, general practitioners, and healthcare professionals seeking a quick and reliable reference in urology.

What topics are covered in the 'Pocket Guide to Urology'?

It covers a wide range of topics including anatomy, common urological conditions, diagnostic procedures, surgical techniques, and management guidelines for diseases like prostate cancer, urinary tract infections, and kidney stones.

How is the 'Pocket Guide to Urology' structured?

The guide is typically organized into chapters or sections for each major urological topic, with clear headings, bullet points, clinical tips, and often includes diagrams and tables for easy reference.

Is the 'Pocket Guide to Urology' suitable for exam preparation?

Yes, due to its concise and focused content, it is an excellent resource for medical students and residents preparing for exams in urology and related clinical assessments.

Does the 'Pocket Guide to Urology' include the latest treatment guidelines?

Most recent editions of the guide are updated to reflect current best practices and guideline recommendations from leading urological associations and research.

Can the 'Pocket Guide to Urology' be used in clinical practice?

Yes, its compact format and practical information make it a valuable tool for quick decision-making and reference during clinical rounds or outpatient consultations.

Where can I purchase or access the 'Pocket Guide to Urology'?

The guide is available for purchase through major medical book retailers, online platforms like Amazon, and sometimes as an e-book or through institutional libraries.

Additional Resources

1. *Pocket Guide to Urology*

This concise guide offers a comprehensive overview of urological conditions, diagnostics, and treatments. It is designed for medical students, residents, and practicing clinicians who need quick access to vital information. The book includes easy-to-read tables, diagrams, and clinical tips to enhance understanding and clinical decision-making.

2. *Clinical Urology: A Pocket Guide*

Focused on practical clinical management, this pocket guide covers common urological diseases and emergencies. It emphasizes evidence-based approaches and includes algorithms for diagnosis and treatment. Ideal for on-the-go reference during rounds or clinical practice.

3. *Essentials of Urology: Pocket Companion*

This compact book distills the core principles of urology, including anatomy, physiology, and pathology. It serves as an excellent revision tool for students preparing for exams and for clinicians needing a refresher. The text is supplemented with key images and concise clinical pearls.

4. *Urology at a Glance*

A visually rich guide that presents urology fundamentals in a highly accessible format. It covers both adult and pediatric urology, with clear summaries and flowcharts. The guide is perfect for quick review and for building a solid foundation in urological practice.

5. *Pocket Urology Handbook*

This handbook is tailored for residents and practitioners, offering practical advice on patient assessment, surgical techniques, and postoperative care. It includes drug dosages, procedural checklists, and common complications. The format encourages rapid consultation in busy clinical settings.

6. *Atlas of Urology: Pocket Edition*

Featuring detailed illustrations and step-by-step procedural guides, this atlas is invaluable for surgical trainees. It covers diagnostic procedures, endoscopic techniques, and open surgeries in urology. The pocket edition ensures the atlas is portable and easy to reference during clinical duties.

7. Urology Quick Reference Guide

Designed for rapid consultation, this guide summarizes key points on urological disorders, laboratory tests, and imaging modalities. It also includes differential diagnoses and management algorithms. Its compact size makes it an ideal companion for clinicians in both hospital and outpatient settings.

8. Practical Urology: Pocket Guide for Clinicians

This book emphasizes hands-on approaches to urological care, including patient counseling, procedural tips, and follow-up protocols. It integrates the latest guidelines and research findings to support evidence-based practice. The guide is user-friendly and structured for quick retrieval of information.

9. Urology Made Easy: Pocket Guide

Aimed at medical students and junior doctors, this guide simplifies complex urological concepts with clear language and concise explanations. It includes case studies and quizzes to reinforce learning. The approachable style helps build confidence in understanding and managing urological conditions.

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Pocket Guide to Urology

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Chapter 4: Diagnostic Procedures in Urology: Imaging Techniques, Cystoscopy, Biopsies.

Chapter 5: Treatment Options in Urology: Medical Management, Surgical Interventions, and Lifestyle Modifications.

Chapter 6: Prevention and Healthy Lifestyle: Dietary Recommendations, Hydration, and Screening Guidelines.

Pocket Guide to Urology: A Comprehensive Overview

Urology, a specialized branch of medicine, focuses on the urinary tract in both men and women and the male reproductive organs. This pocket guide provides a concise yet comprehensive overview of this crucial field, aiming to equip readers with essential knowledge about its scope, common conditions, diagnostic methods, and treatment options. Understanding urological health is paramount for maintaining overall well-being, and this guide serves as a valuable resource for anyone seeking a clearer understanding of this often-overlooked area of medicine.

Chapter 1: The Urinary System: Anatomy, Physiology, and Common Conditions

The urinary system, responsible for filtering waste products from the blood and eliminating them as urine, comprises the kidneys, ureters, bladder, and urethra. Kidneys, bean-shaped organs located in the retroperitoneal space, perform the vital function of filtration. They receive blood, remove waste products, and produce urine. This urine travels down the ureters, muscular tubes that transport urine to the bladder. The bladder, a hollow muscular organ, stores urine until it's expelled through the urethra.

Physiology: The kidneys filter approximately 1 liter of blood per minute, removing metabolic waste, excess ions, and toxins. This process involves glomerular filtration, tubular reabsorption, and tubular secretion. Hormonal regulation, primarily by antidiuretic hormone (ADH) and aldosterone, controls fluid and electrolyte balance.

Common Conditions: Several conditions can affect the urinary system, including:

Urinary Tract Infections (UTIs): Bacterial infections affecting any part of the urinary tract.

Symptoms include pain during urination (dysuria), frequent urination (frequency), urgency, and cloudy urine.

Kidney Stones (Nephrolithiasis): Hard deposits of minerals and salts that form in the kidneys. They can cause excruciating pain (renal colic) as they pass through the urinary tract.

Kidney Failure (Renal Failure): The inability of the kidneys to adequately filter waste products from the blood. It can be acute or chronic, requiring dialysis or kidney transplant.

Bladder Cancer: Malignant tumors originating in the bladder lining. Smoking is a significant risk factor.

Interstitial Cystitis (IC): A chronic bladder condition causing pelvic pain and urinary frequency and urgency.

Chapter 2: Male Reproductive System: Anatomy, Physiology, and Common Conditions

The male reproductive system includes the testes, epididymis, vas deferens, seminal vesicles, prostate gland, and penis. The testes produce sperm and testosterone, the primary male sex hormone. The epididymis stores and matures sperm. The vas deferens transport sperm to the seminal vesicles and prostate gland, which contribute fluids to the semen. The penis facilitates sexual intercourse and urination.

Physiology: Spermatogenesis, the process of sperm production, is regulated by hormones such as follicle-stimulating hormone (FSH) and luteinizing hormone (LH). Testosterone plays a crucial role in secondary sexual characteristics and sexual function.

Common Conditions:

Prostatitis: Inflammation of the prostate gland, often caused by bacterial infection.

Benign Prostatic Hyperplasia (BPH): Enlargement of the prostate gland, common in older men, leading to urinary symptoms.

Prostate Cancer: Malignant tumor of the prostate gland. Early detection is crucial for successful treatment.

Erectile Dysfunction (ED): Inability to achieve or maintain an erection sufficient for satisfactory sexual intercourse. Various factors contribute to ED, including vascular disease, neurological problems, and psychological factors.

Testicular Cancer: Malignant tumor of the testes. Early detection through self-examination is critical.

Chapter 3: Common Urological Conditions: Detailed Overview of Infections, Stones, Cancer, and Benign Prostatic Hyperplasia (BPH)

This chapter delves into the details of common urological conditions, providing a deeper understanding of their causes, symptoms, diagnosis, and treatment. It emphasizes the importance of early detection and appropriate management for optimal outcomes. Specific diagnostic tests and treatment modalities will be explained for each condition, highlighting the importance of individualized treatment plans based on the patient's specific situation.

Chapter 4: Diagnostic Procedures in Urology: Imaging

Techniques, Cystoscopy, Biopsies

Accurate diagnosis is crucial in urology. This chapter explores various diagnostic procedures:

Imaging techniques: Ultrasound, CT scans, MRI, and X-rays are essential tools for visualizing the urinary and reproductive organs. Ultrasound is often the initial imaging modality used for kidney stones and bladder issues. CT scans and MRI provide detailed images for complex cases, while X-rays can detect kidney stones and bone metastases.

Cystoscopy: A procedure using a thin, flexible tube with a camera to visualize the inside of the bladder and urethra. This allows for direct visualization of bladder lesions, stones, or other abnormalities.

Biopsies: Tissue samples are taken for microscopic examination to confirm the diagnosis of cancer or other conditions. Biopsies are crucial in determining the type and stage of cancer, guiding treatment decisions.

Chapter 5: Treatment Options in Urology: Medical Management, Surgical Interventions, and Lifestyle Modifications

Treatment options in urology encompass medical management, surgical interventions, and lifestyle modifications.

Medical management: Medications are used to treat infections (antibiotics), manage stones (alpha-blockers), control BPH (alpha-blockers, 5-alpha reductase inhibitors), and alleviate symptoms (pain relievers).

Surgical interventions: Surgery may be required for kidney stones (lithotripsy, ureteroscopy), bladder cancer (cystectomy), prostate cancer (prostatectomy), BPH (TURP), and other conditions. Minimally invasive surgical techniques are increasingly used to reduce recovery time and improve patient outcomes.

Lifestyle modifications: Dietary changes (increased fluid intake, reduced sodium), weight management, smoking cessation, and regular exercise can significantly impact urological health and reduce the risk of developing certain conditions.

Chapter 6: Prevention and Healthy Lifestyle: Dietary Recommendations, Hydration, and Screening Guidelines

Preventive measures are essential for maintaining urological health.

Dietary recommendations: A balanced diet rich in fruits, vegetables, and whole grains helps prevent kidney stones and maintain overall health. Limiting sodium intake is important for blood pressure regulation and reducing the risk of kidney disease.

Hydration: Adequate fluid intake is crucial for flushing out waste products and reducing the risk of kidney stones and UTIs.

Screening guidelines: Regular screening for prostate cancer (PSA test, digital rectal examination) is recommended for men at increased risk. Bladder cancer screening may be considered in individuals with a history of smoking or exposure to certain chemicals.

Chapter 7: Urological Emergencies: Recognizing and Responding to Urgent Urological Issues

Recognizing and responding to urological emergencies is critical. This chapter will discuss symptoms requiring immediate medical attention, such as severe flank pain (possible kidney stones or infection), sudden inability to urinate (urinary retention), and hematuria (blood in the urine).

Conclusion: Future Directions and Resources for Further Information

Urology is a rapidly evolving field with ongoing advancements in diagnostic and treatment techniques. This guide provides a foundational understanding of the subject. Further research and consultation with a healthcare professional are encouraged for specific concerns.

FAQs

1. What are the early signs of prostate cancer? Early prostate cancer often has no symptoms. However, some potential signs include difficulty urinating, weak urine stream, blood in the urine or semen, and frequent urination, especially at night.
2. How can I prevent kidney stones? Drink plenty of water, maintain a healthy diet low in sodium and oxalate, and control weight.
3. What are the risk factors for bladder cancer? Smoking, exposure to certain chemicals, and a family history of bladder cancer are significant risk factors.
4. What is the treatment for a urinary tract infection? UTIs are typically treated with antibiotics.

5. How is kidney failure treated? Treatment options for kidney failure include dialysis and kidney transplantation.
6. What are the symptoms of benign prostatic hyperplasia (BPH)? Symptoms of BPH include frequent urination, weak urine stream, hesitancy, and nocturia (frequent nighttime urination).
7. What is cystoscopy used for? Cystoscopy is used to visualize the bladder and urethra to diagnose and treat various conditions such as bladder stones, bladder cancer, and UTIs.
8. How is testicular cancer diagnosed? Testicular cancer is diagnosed through physical examination, ultrasound, and biopsy.
9. What are the different types of kidney stones? Common types of kidney stones include calcium oxalate, calcium phosphate, uric acid, and struvite stones.

Related Articles:

1. Understanding Urinary Tract Infections (UTIs): A detailed look at causes, symptoms, diagnosis, and treatment of UTIs in both men and women.
2. Kidney Stones: Prevention and Treatment: Comprehensive guide on preventing and treating kidney stones, including different treatment modalities.
3. Prostate Cancer: Detection and Treatment: In-depth discussion of prostate cancer detection methods, staging, and various treatment options.
4. Benign Prostatic Hyperplasia (BPH): Managing Symptoms and Treatment Options: Overview of BPH, its symptoms, and available medical and surgical management strategies.
5. Bladder Cancer: Risk Factors, Diagnosis, and Treatment Approaches: Detailed information on risk factors, diagnostic procedures, and treatment options for bladder cancer.
6. Male Infertility: Causes, Diagnosis, and Treatment Options: Discussion of causes, diagnostic tests, and treatment approaches for male infertility.
7. Erectile Dysfunction (ED): Causes, Diagnosis, and Treatment Options: Comprehensive overview of ED, its causes, diagnostic evaluation, and various treatment strategies.
8. Kidney Failure: Understanding Dialysis and Transplantation: Detailed explanation of kidney failure, dialysis procedures (hemodialysis and peritoneal dialysis), and kidney transplantation.
9. The Role of Diet and Lifestyle in Urological Health: Focus on dietary recommendations, hydration, and lifestyle choices that promote optimal urological health.

was released in 1999, the Pocket Guide to Urology has become one of the most popular urology texts. Over 30,000 copies of the Pocket Guide to Urology have been printed and distributed worldwide (over 35 countries on 6 continents). It is being translated into Chinese for distribution throughout China. The 4th edition is currently for sale. The 4th edition of the Pocket Guide to Urology is a comprehensive evidence-based reference book that emphasizes clinical guidelines, consensus statements, and landmark studies. Information is compiled and is presented in a thorough, organized, and logical format. Each chapter contains detailed references. The 4th edition of the Pocket Guide to Urology contains a plethora of new information.

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provided at the beginning of each chapter for quick and easy reference. A concise assemblage of all those pediatric surgical and urological conditions commonly encountered in primary care, this book provides a quick reference guide for use in clinical practice.

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Arrhythmia Pericardial disease Heart failure Shock Thromboembolism Hypertension

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pocket guide to urology: The Penis Book Aaron Spitz, M.D., 2018-02-20 What's the weirdest thing you've ever wanted to know about the penis but were afraid to ask? Dr. Aaron Spitz has that answer—and many more. Let Dr. Spitz—who served as assistant clinical professor at UC Irvine's Department of Urology for 15 years and who is a regularly featured guest on The Doctors—become your best friend as he fearlessly guides you through the hairiest and the scariest questions in The Penis Book. An unflinching, comprehensive guide to everything from sexually transmitted infections to the science of blood flow, The Penis Book prominently features an easy-to-follow holistic five-step plan for optimum penis health, including plant-based eating recommendations, information on some penis-healthy foods, and suggested exercises for penis wellbeing. Useful to men and women alike,

The Penis Book is a one-stop-shop for the care and maintenance of the penis in your life.

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evaluation of difficult duplication anomalies, voiding dysfunction and neurogenic bladders, pediatric stone disease, and the developmental problems associated with genitourinary defects.

pocket guide to urology: *Pocketbook of Clinical IR* Shantanu Warhadpande, Alex Lionberg, Kyle J. Cooper, 2019-01-18 Excel at clinical IR with insightful perspectives from both current residents and senior interventionalists! Interventional radiology training has evolved rapidly during the last decade, with recent recognition as a primary medical specialty by the American Board of Medical Specialties. The number of IR residency positions continues to increase each year with a greater number of trainees rotating through the IR elective. The bar is set high and expectations of trainees have increased. Written clearly, concisely, and at a trainee's level, *Pocketbook of Clinical IR: A Concise Guide to Interventional Radiology* by Shantanu Warhadpande, Alex Lionberg, and Kyle Cooper is the first IR pocketbook written specifically for medical students and junior residents to help them excel on their IR rotation. This book will help trainees to intelligently field IR consults, effectively round on patients, and develop an understanding of IR disease processes. Concise yet thorough, it provides a solid clinical foundation to underlying pathologies and procedures, and embodies the authors' philosophy that the IR education paradigm should be transformed into one in which the clinical care of patients is of equal importance to technical procedural training. Key Features Clinical background on hepatobiliary, oncologic, arterial, venous, genitourinary, and neurologic diseases frequently encountered in IR Insightful clinical algorithms provide guidance on how the IR procedure fits into the big picture Concise procedure boxes provide an overview of how the procedure is performed so the trainee can be an active participant in any IR procedure This practical white-coat companion is essential for all trainees involved with interventional radiology.

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both NPs and PAs to move into specialty practice environments within urology.

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