

Thu, 26 May 2011

2:43 AM

## Seeing a Urologist for Erectile Dysfunction or Urinary Incontinence in Beverly Hills

For  
men living with

Erectile  
Dysfunction

(ED), learning about what ED is, what causes ED, and how to treat ED is taking proactive steps to receiving the right treatment and solution for your ED. Men often find ED to be embarrassing and difficult to talk about, however, because most of the time the cause of ED can be purely physical. Physical causes like high blood pressure, high cholesterol, heart and vascular disease, low male hormone level, prostate cancer, diabetes, and more can be some of the physical causes of erectile dysfunction. With a

Urologist Beverly Hills

patients can be treated for ED once a diagnosis is made.

There  
may be psychological causes to ED like anxiety, stress, depression, and other causes such as "widower syndrome".

These can all be the cause to ED and can be treated with medication, a lifestyle change, ED vacuums, penile implants, or ED surgery. Which treatment method to be used can be decided with help from your Urologist as they will know which treatment option will be best for a patient's case of ED.

For

women,

### Urinary

#### Incontinence

can be an embarrassing problem as the fear of having accidental leakage can prevent a woman from living a normal life. There are different types of urinary incontinence such as stress, urge, and overflow incontinence, each having connections to each of their own set of symptoms and causes. Speaking with a Urologist can really help a patient understand what type of urinary incontinence they have, what causes it, and how to treat it. There are non-surgical treatment options that are recommended for milder cases that include diet and lifestyle modification, weight loss, exercises, medications, and more, however, they are only effective in treating the urge of urinary incontinence.

With

a

### Urologic Surgeon Beverly

#### Hills

residents can be treated for more severe cases of urinary incontinence. Surgical treatment can be implemented such as a bulking agent injection, a radiofrequency treatment, or a sling procedure. A bulking agent procedure involves closing the urethra and reducing leakage while a radiofrequency treatment reduces episodes of incontinence with the insertion of a probe. A sling procedure for incontinence is completed by inserting a sling through a minimal incision in the vagina and provides long-term success which is why it is the most effective treatment.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 20 Jun 2011

5:30 AM

## Embarrassing Urological Problems Addressed for West Hills Residents

Many residents in West Hills and throughout Southern California may have a urological problem that they may feel too embarrassed to address, here is the first step to getting knowledgeable and taking actions. By speaking with a

Urologist West Hills residents and out of town patients can receive information, a diagnosis, and treatment for their urological problems. This comes as a huge relief to patients as most urological problems can be embarrassing and greatly affect the lives of those suffering. There is a great deal of urological problems but the good news is that the symptoms can be treated.

There are many men living with Erectile Dysfunction, a difficult condition to live with. Erectile Dysfunction refers to a consistent inability to have or keep an erection for sexual intercourse. This can greatly affect a male's sex life; however, it can be treated. There are many

Erectile Dysfunction Treatments West Hills Urologists can provide for patients, depending on their needs. Erectile Dysfunction can be the result of either mental or physical causes and a Urologist can help diagnose the causes and prescribe a treatment.

Benign Prostatic Hyperplasia or BPH, also known as enlarged prostate is a result of an overgrowth of prostate cells. For men with

Enlarged

Prostate West Hills

Urologists can explain the causes, symptoms, and diagnosis of an effective treatment. Common BPH symptoms include the need to urinate suddenly, needing to urinate frequently, and waking up at night frequently to urinate are just some of the symptoms associated with an enlarged prostate and can greatly effect individuals who have BPH. Individuals with BPH may find themselves feeling constantly interrupted as the urgency to urinate caused by BPH can have individuals feeling the need to be cautious about their daily plans as BPH can get in the way of living a normal lifestyle.

There

are many women in West Hills and throughout Southern California may also feel life is interrupted by Urinary Incontinence. This may also hinder them from living comfortable, normal lives as they may constantly be worried about leakage and being in a social setting. There are three different types of urinary incontinence, each with their own causes and symptoms associated. The most common type of incontinence is stress incontinence which may be caused by a number of things such as low estrogen levels, pelvic surgery, nerve damage, and more. For women with

Urinary

Incontinence West Hills

Urologists can help diagnose the type of incontinence they have and a suitable treatment. Visiting a Urologist and being proactive about any urologic problem can bring patients relief and get the back to a comfortable, healthy lifestyle.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 20 Jul 2011

12:41 AM

Contacting a Urologist for Treatment

There

are many men and women throughout Southern California living with embarrassing urological problems that may be addressed by a

Los Angeles Urologist

. A Urologist with extensive experience and training can help provide information on causes for a urological problem or illness, symptoms, and treatment methods available, as well as choosing the most effective treatment method for a patient. It's important to seek out a professional to receive the best information and results. With a

Westlake Village Urologist

, residents and out of town patients can receive treatment for urological illnesses such as bladder cancer, urinary incontinence, erectile dysfunction, and more. Urologists are specifically trained to treat urological illnesses effectively and provide patients with precise information.

Many

women across Southern California suffer with the embarrassing effects of Urinary Incontinence. With a Urologist-recommended

Urinary

Incontinence Treatment West Hills

residents and out of town patients can be treated for the embarrassing leakage problems of urinary incontinence. When something as simple as a cough, sneeze, laugh, or exercise causes urinary leakage, or uncontrollable urges to urinate occur, the most typical diagnosis is urinary incontinence and may be associated with overactive bladder. Urinary Incontinence can be uncomfortable and leave patients with a limited lifestyle. Those with Urinary Incontinence may find themselves constantly using the restroom or ensuring that they know where one is at all times. A urologist may suggest surgical and non-surgical treatments depending on the severity of each patient's situation as many factors will need to be taken into consideration.

With

a

Vasectomy

West Hills

residents and out of town patients receive an effective surgery for male birth control that is permanent. It is a common urological procedure that may be performed by a urologic surgeon. A vasectomy stops sperm from entering semen so a male may still ejaculate normally; however, the ejaculatory fluid cannot fertilize an egg making vasectomies the most effective male birth control available. There are also "No Needle, No Scalpel" Vasectomy procedures that may be performed. This type of vasectomy is quickly popularizing and becoming the standard in vasectomy procedures. It's a quick and convenient procedure. The No Needle, No Scalpel Vasectomy takes about 15 minutes to complete, provides the minimal amount of pain and recovery is rapid lasting up to a 2-day maximum.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 23 Aug 2011

5:57 AM

Southern California Urologists: Diagnosing and Treating Urological Problems

There

are various urological problems many individuals experience and receive treatment for. Throughout Southern California, many urology patients visit a general practitioner; however, a

Los Angeles Urologist

is a more specialized doctor when it comes to treating urological problems and is recommended. A Urologist has received specialized education and experience in treating urological problems and are specialized to treat them. From Urinary Incontinence, to Male Birth Control, and Erectile

Dysfunction- a urologist can provide successful treatment options.

Erectile

Dysfunction (ED) can be an embarrassing urological problem for men and is definitely not easily discussed. A

Pasadena

Urologist

may address the situation by first discussing the cause of ED. Many think that the cause of ED is psychological but it may also be physical. A Urologist is specially trained to diagnose the cause(s) of ED in patients. Once the cause of ED is addressed, a treatment option is then implemented in the patient. Most common treatments of Erectile Dysfunction are drugs such as Viagra and Levitra. They cause dilation of blood vessels in the penis to improve the blood flow, making erections easier to achieve. If an oral drug doesn't work for a patient a highly effective penile implant may be recommended following a minimally-invasive procedure.

An

embarrassing urological problem that is common among women and men is Urinary Incontinence. This problem may be treated by a

Van Nuys

Urologist

for women in surrounding areas. There are different types and causes of urinary incontinence; however, it generally refers to increased pressure on the bladder, allowing urine to escape. Patients who have urinary incontinence may find themselves holding back a laugh or a sneeze and may avoid heavy lifting. After a urinary incontinence type and cause are diagnosed, treatment options are made available to patients. There are surgical and non-surgical treatments for urinary incontinence, one of which will be prescribed by a urologist.

Benign

Prostatic Hyperplasia (BPH) or Enlarged Prostate is a commonly treated urological problem by a

Thousand Oaks

Urologist

. Enlarged prostate refers to an overgrowth of prostate cells. Symptoms may include urinary urgency, frequency, and difficulty starting urination among other things. Once a patient is diagnosed, a surgical or non-surgical BPH treatment may be recommended depending on the patient's needs. Milder cases of BPH may be treated with medication while a more severe case of BPH may be treated by a minimally invasive BPH procedure.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 26 Sep 2011

6:35 AM

Sherman Oaks urologist - Choosing the Best Medical Professionals

In the greater Los Angeles area, there are thousands of different medical professionals for all of your needs. Specialty providers are not hard to come by, no matter what you might be looking for. It's going to be up to you to make sure that you can get the type of care that you need, which requires taking the time to figure out which professionals are available and what services they offer. If you are searching for a

Westlake Village

urologist

, you will need to start your search with that information. You can then check out things like insurance acceptance, reputation, and other elements that affect your decision.

The good news is that you should have no trouble finding the best professionals as long as you take the time to look. If you want, you can even search for a

Santa Monica

urologist

to expand your search and find nearby professionals that might provide better results or solutions for your needs. If you don't have insurance, that eliminates one factor that you'll need to consider from your list. You do have to make sure that you find out whether specialists require referrals or not. Some do, but many will take patients without them these days.

Finding the best Westlake Village or

Sherman Oaks urologist

is all about research. You really deserve the best care and you can't assume that just because a doctor exists, they are the best to work with. Give yourself a little time to explore the different providers available in the Los Angeles area so that you can guarantee that you are always getting the best services. There are more than 9 million people who call this city home, and thousands of professional medical services to cater to all of them. That means that you have plenty to choose from.

When you live in suburban neighborhoods like Westlake Village and

Tarzana

urologist

options are going to be seemingly endless. You should always take the time to find specialists who are reputable, professional, experienced, and who can give you whatever you need in terms of care and medical services. It's not always about location because a short drive might provide you with better options than you get close to home, so make sure that you put quality and reputation above everything else that you consider when you are choosing your preferred urologist in the Los Angeles area.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 10 Oct 2011

4:14 AM

Dealing with Embarrassing Health Problems

Sometimes the toughest part of dealing with a medical condition is overcoming the embarrassment of the problem. There are numerous problems that are not a big deal to deal with. Patients talk openly with their doctors and think nothing of revealing health information about certain problems. Other problems are more difficult to face. The list of embarrassing problems varies from person to person, but urology is often on the list. Ask any

Burbank urologist how difficult it is for people to reveal personal information about urology and they will agree it is one of the most popular medical problems to deal with.

For women, urology is the study of the urinary tract. In men, it covers not only urinary issues, but also reproductive issues. A

Simi Valley urologist is able to help with problems dealing with using the bathroom, but also a host of issues dealing with the reproductive issues. Though it is one of the first things a man should deal with when it comes to health problems, it is often one of the most difficult. They feel the issues are personal and they do not want to admit to weakness or struggles with this part of their body. They suffer in silence because they believe dealing with the issue would be worse than suffering with the problem.

Seeing your urologist can be stressful, but it results in an improved quality of life. Dealing with health problems, no matter how uncomfortable, can only lead to better things. Facing an ongoing problem will put you on a healthier path. Instead of living with your stress, pain, or disorder, consult a

Westwood urologist . You might be surprised when you learn how easy it is to deal with your problem. You would not wait until your tooth is throbbing and infected to see a dentist. Why should you put off dealing with other health problems you face? Just because you feel uncomfortable having the conversation does not mean you

should continue to suffer.

Not only will you find peace of mind when you address an ongoing health problem, you will find those around you respond differently. Taking responsibility for your health is the sign of a strong, sensible person. Chances are if you are facing urology problems, you are not the only one struggling. Your spouse has likely had to change their behavior or desires because of your health problem. A

Pasadena urologist can help the two of you come to terms with whatever problems you face and find a solution that works for you and your spouse.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 21 Nov 2011

12:18 AM

Labiaplasty - Conditions Treated by Urologists

Southern

California residents have no shortage of qualified healthcare professionals to choose from. This includes a wide range of talented urologists and cardiologists, throughout the greater Los Angeles and Ventura counties. Urology is the field of medicine that focuses on the urinary tracts of males and females, as well as the male reproductive system. Before you visit a local Burbank urologist, it's helpful to learn more about the types of conditions that a urologist treats. They diagnose, treat, and monitor any disorders that involve the kidney, urethra, bladder, and prostate. This can also include surgery.

Labiaplasty

is another type of surgery offered by urologists.

Cardiologists offer many services, among one of the more popular one is CT heart scan.

One

of the primary reasons to visit a Simi Valley urologist in your area is a recurrence of urinary tract infections. These can involve unpleasant symptoms such as painful or frequent urination. Overactive bladder, an enlarged prostate,

erectile

dysfunction

and kidney stones are all other conditions that can be alleviated with the assistance of a qualified urologist.

These involve inflammation of the reproductive and urinary systems, which could be due to myriad reasons. Some of the main symptoms of these conditions can be quite difficult to diagnose on your own, such as lower back pain or frequent urination.

In

some cases, these symptoms will be indicative of more serious urinary tract conditions, such as cancer of the kidneys, prostate or bladder. This is why it's essential not to ignore any medical symptoms, but instead seek out a qualified Los Angeles area or Westwood urologist who is most conveniently located near you. In addition to location, it's also helpful to take a look at the urologist's education, experience, and qualifications. Ask for references before you go in for any major treatments or surgery, and be sure that your health insurance is accepted by the urologist.

Before

you go in for the initial consultation with a new Pasadena urologist or any other local healthcare professional, it's helpful to write down a list of your symptoms. Make note of their frequency, when they first appeared, and the severity of each individual symptom. This will aid the urologist in making his or her diagnosis of your condition. Other factors

to consider include your current medications, and questions about the long term prognosis of your condition. In some cases, you will need to see other specialists within the urology field to get the most accurate treatment plan. Fortunately, with the far-reaching web of medical professionals in this region, there are specialists for every condition.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 12 Dec 2011

6:09 AM

Seeing a Urologist could be life-changing

Every year, thousands of Americans turn to urologists all across the country to seek solutions to a wide variety of health issues. Although some of these issues are strictly aesthetic, some can be life-threatening and may need immediate professional attention. Others however, seek treatment for issues that prevent them from having a normal quality life.

These issues include

Erectile

Dysfunction

, which for many men can be an issue as they become older. Doctors throughout agree that this issue for the most part, is purely physical and can be treated and resolved. For

many this issue can be shameful, and at the times affect the relationship with a significant-other. Erectile Dysfunction can bring up problems of self-esteem, dissatisfaction and anxiety to many men suffering from it.

Men are encouraged to see a board-certified Urologist and make sure they are able to treat these issues immediately. There are types of treatments which can fit and work out for men and can greatly increase happiness and quality of life.

Urologists also offer women something of their own,

Vaginal

Rejuvenation

. These treatments and procedures tend to be more cosmetic but also about increasing quality of life and satisfaction of women and their significant-others. With today's cutting-edge ways, women can enjoy the benefits of this procedure like never before.

Another popular procedure for women is

Labiaplasty

, which can also greatly increase the quality of life and happiness of both the person going through the procedure and their partners. This surgical procedure can greatly affect and increase a women's self-esteem. Urologists can correct this aesthetic issue by performing a surgery that will proportionally make a woman's reproductive organ more proportionate.

Although some may think that Labiaplasty is strictly for aesthetic reasons, many doctors recommend the procedure as it helps women disruption of the urinary stream, which can cause hygiene and health problems.

Whether it is for aesthetic, increase quality of life, or simply general serious health issues, Urologists are available throughout the country to provide help to those who seek it.

Security: Public  
Location: Not Specified  
Mood: Not Specified  
Music:

Tue, 17 Jan 2012  
1:48 AM

## Erectile Dysfunction - Men's Health: Sexual Functions and Aging

As men enter middle age, problems with reproductive organs tend to be more common. These problems include Urinary Incontinence, Erectile Dysfunction, and Enlarged Prostate issues. These are among the most common issues; however, there are other Urologic issues that can threaten men's health during these years. Some of these problems affect sexual performance among men, which can be embarrassing and uncomfortable.

Many celebrities and famous people have admitted to having

Erectile  
Dysfunction  
. One memorable example was Bob Dole's TV commercial Ad in

the mid 1990s for Viagra. With the advances in drugs, such as Viagra, Cialis, and Levitra, many men have turned to these drugs to have better and more lasting erections. Although, many doctors recommend the use of drugs, others tend to focus on physical and emotional issues to finding the solution to this problem. It is widely believed by doctors that men suffer from Erectile Dysfunction due to physical reasons.

Other issues such as Urinary Incontinence can highly affect the quality of life among middle-age men. This condition can affect men's sleep, and can make it difficult to perform certain activities. This issue can be caused by many different factors including excessive urine production, drinking certain diuretic fluids, and an enlarged prostate. Although this condition can affect men while they sleep, it is also possible for incontinence to occur during the day.

An

Enlarged

Prostate

can make the lives of middle-age men uncomfortable, and at times, painful. The causes for an Enlarged prostate can vary and are complex to understand. There are however, many different treatments that are invasive and non-invasive. If left untreated, it can be a progressive disease that can lead to more serious health issues.

Although incidence in the United States is low as compared to the rest of the underdeveloped world, Enlarged Prostate it is a serious and common issue that affects middle-age men from all ethnic backgrounds.

For many middle-age men, a Urologist should be one type of physician that should be visited on a constant basis. The best way to treat these issues is through early detection and the right treatment. Men should be aware of these issues after the age of 40.

Music:

Sat, 18 Feb 2012

4:58 AM

## Problems with Urinary Incontinence and Erectile Dysfunction

The problems men face on a daily basis with these two problems are a cause for much stress and a bad quality of life. These two problems can cause emotional issues and lead to embarrassing and sometimes uncomfortable situations. The men who suffer from erectile dysfunction can sometimes have problems in their love life, as well as their self-esteem being affected.

In terms of

Erectile

Dysfunction

, among older men, the problems are mostly physical. However, for men under 40, these symptoms may be the cause of psychological problems. Some of the problems include: unrecognized homosexuality, (performance) anxiety, sense of loss, death in the family or financial problems.

As for older men, the problems as stated before are physical. Although pills such as Viagra, Cialis or Levitra usually work, they are not the only form of treatment men can seek. Urologists are able to determine which drug or treatment is best. If drugs don't work, usually urologists may suggest injectable medications, and/or penile implants (or pumps). The injectable medication is called alprostadil, and it is able to produce an erection for men in 10 to 15 minutes. Implants such as "pumps" are implants that are inflatable and make the penis produce an erection in just a few simple pumps.

As for

urinary  
incontinence

, it is a problem that affects older men, usually stemming from an enlarged prostate or urethral stricture. These two problems are different but sometimes lead to the same problems such as urgency to urinate, leakage of urine, waking up several times during the night to urinate, weak or interrupted urine stream, among others.

Seeing a urologist can be the way to go to figure out what the problem may be. There can be many problems or diseases attributed to these sets of problems. However, if left untreated or worse yet undetected, many other issues can arise and conditions may worsen. The best way to go is to visit a urologist often (especially men after 40), to check on issues and diagnose conditions at an early stage.

Security: Public  
Location: Not Specified  
Mood: Not Specified  
Music:

5:04 AM

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Security: Public  
Location: Not Specified  
Mood: Not Specified  
Music:

Thu, 23 Feb 2012  
1:38 AM

## Labiaplasty - Surgery for Women's reproductive organs

For women these days, in order to achieve vaginal rejuvenation, vaginoplasty and

labiaplasty

are great surgical ways in which this can be accomplished.

Many people are not aware that these procedures are safe, affordable and available to women across the country.

Women seeking these procedures are often trying to gain back the tightness and control that they had in the past. This can be the case for women who have given birth, and their private areas are not as tight or aesthetically the same as before. This can also be the case for women who have never given birth before. Muscles tend to wear out with age.

Many women who seek vaginoplasty are seeking that as part of vaginal restoration and/or vaginal rejuvenation. Which it includes labiaplasty, perineoplasty, vaginoplasty, among other procedures. After this procedure is completed, women can be back to having a sexual life after 5 to 6 weeks. This is a very short period of time to begin enjoying the results and a better quality love life provided by going through these procedures.

While

vaginoplasty

may be a great option for women looking to having the same conditions as they did when they were young, people seeking a sex change can also turn to vaginoplasty. Men who are looking to have a sex change can now go through a procedure that is not only safe but available. The first sex reassignment was performed in the United States in 1966.

Whether you're trying to achieve a younger look or a better sex life, vaginoplasty and vaginal restoration

are great ways to do this.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

1:41 AM

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Security: Public  
Location: Not Specified  
Mood: Not Specified  
Music:

Tue, 20 Mar 2012

6:42 AM

Erectile Dysfunction and Urinary Incontinence

Among  
the various specializations of medical science is urology that studies urinary tracts of males and females and male reproductive system. The surgeons specializing in the fields of urology are called urologist who may diagnose, treat and manage disorders such as  
erectile dysfunction  
in men and  
urinary incontinence  
in women.

An

erectile dysfunction

is a sexual dysfunction where a man is unable to develop or maintain an erection of the penis during sexual activity.

Usually, to achieve a normal erection may require coordination between vascular, neurologic, hormonal and psychological factors.

Any condition or factor that may interfere with the coordination may cause

erectile

dysfunction

. The causes of

erectile dysfunction

are generally grouped into either endogenous factors or exogenous factors. The endogenous factors include endocrine imbalances, cardiovascular, other medical conditions and emotional causes. On the other hand, exogenous factors may include medications, surgery, trauma, irradiation, smoking, alcohol and substance abuse.

Similarly,

in women,

urinary incontinence

is the inability of the urine to keep leaking from urethra.

Urethra is the tube carrying urine out of body from bladder.

Urinary

incontinence

may be classified as

.

Stress

incontinence. It may occur during coughing, sneezing, laughing or exercise.

Urge

incontinence. It may create a strong and sudden need to urinate followed by bladder contraction and loss of urine.

Overflow

incontinence. It may occur because of the bladder not able to empty completely resulting in dribbling.

Urinary

incontinence

may

be caused by neuromuscular disorders, dementia, medications such as diuretics, antidepressants, tranquilizers, antihistamines, etc., pregnancy, infection or inflammation of urinary tract, weight gain, Alzheimer's disease, bladder cancer and spasms, pelvic prolapse and spinal injuries.

During

an initial treatment at Dr. Safir's the patient may be asked to alter their lifestyle by avoid smoking, reduce obesity and control alcohol and substance abuse. The patient may be prescribed medications such as Viagra that has a longer effect, increases penile blood flow and produces erection. Also, penile prostheses may be used that are semi-rigid or inflatable devices. During the procedure, the patient may be administered general anesthesia and incisions are made in the abdomen and perineum. The device is inserted through these incisions along with fluid reservoir and pump that are placed in groin and scrotum respectively. The devices are connected by tubes and may be

tested before closing the incisions.

The treatment for urinary incontinence at Dr. Safir's follows many approaches. It may involve methods such as bladder retraining and kegel exercises. Both these methods may help to strengthen the muscles of pelvic floor. In some cases, surgeries such as anterior vaginal repair and vaginal sling procedures may be performed. An anterior vaginal wall repair may tighten the front wall of the vagina. It either sinks the bladder into the vagina or sinks urethra into the vagina. On the other hand, in a vaginal sling procedure, a sling made of mesh tape or tissue graft is used that supports urethra.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

6:44 AM

## Enlarged Prostate and Labiaplasty

A male reproductive system contains a gland called prostate that produces the fluid carrying sperm during ejaculation. When the gland becomes bigger it comes to be known as enlarged prostate. It is a common in men as they grow older. The growing gland presses the urethra causing bladder and urination problems.

Though the cause of enlarged prostate is not known, it has been linked to aging and the testicles. However, men who have had their

testicles removed may not develop

enlarged prostate

. The symptoms may include

.

Dribbling

after urination.

.

Urinary

retention.

.

Incomplete

emptying of bladder.

.

Incontinence.

.

Urge

to urinate frequently at night.

.

Urination

followed by pain or bloody urine.

.

Slow

or delay the urinary system.

.

Straining

while urinating.

.

Weak

urinary system.

At

Dr. Safir's, the treatment for

enlarged prostate may

be based on the severity of the symptoms. The treatment may start

with some self-care measures such as the patient being asked

to

.

Urinate  
at the first urge.

.

Avoid  
alcoholic beverages after dinner.

.

Avoid  
drinking fluids 2 hours within bedtime.

.

Avoid  
medications containing decongestants or antihistamines as they  
may increase the symptoms.

The  
patient may be prescribed medications such as

.

Alpha-1  
blockers to relax muscles of bladder neck and prostate. It may  
help to urinate easily.

.

Finasteride

and dutasteride to reduce size of prostate increasing the urine rate.

Additionally,

surgical procedures may also be performed. The two most common surgical procedures are

1.

**TURP**

(transurethral resection of the prostate). The patient is administered a general anesthesia or spinal anesthesia. The surgeon may insert a cystoscope or endoscope through urethra. A special cutting tool may then be inserted that removes prostate n pieces with an electric current.

2.

**TUIP**

(transurethral incision of the prostate). It may be performed on men having smaller prostate. A cystoscope or endoscope is inserted and incisions may be made in the prostate enlarging the urethra opening and bladder outlet.

**Labioplasty**

is

a cosmetic procedure performed in women to improve the vagina's external appearance by reducing labia. In some women, the labia may be asymmetrical or big on one or both sides while in others

it occurs after childbirth or aging.  
Labiaplasty may be  
either labia minora or labia majora.

At  
Dr. Safir's,  
Labiaplasty is  
performed under local anesthesia and may be performed in 1-2  
hours. It is done on an outpatient basis without requiring any  
need for hospitalization. The after surgery precautions may  
include avoiding sexual activities and heavy strenuous activities  
for 6 weeks. It may also be recommended to maintain local  
hygiene.

Security: Public  
Location: Not Specified  
Mood: Not Specified  
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Thu, 19 Apr 2012  
4:21 AM

## Urologist Los Angeles Can Help with your Erectile Dysfunction

As people age there are problems they have to worry about that may not have been as apparent in their youth. Many of us feel younger than we are, physically, and it can be quite problematic when there are too many things we are no longer in control of. There may be a number of things we are finding we have problems with as we grow older. Some of these things may be less mobility, more soreness after moderate physical exercises and some of these problems may be more embarrassing like erectile dysfunction, for men and incontinence, for women.

If you are one of these people who feel that you should not have to worry about these types of physical issues because you are just too young or may be experiencing these aging problems prematurely, you may need to speak to a specialist regarding your concerns. There are hundreds of physicians who may have an idea of what kinds of symptoms to look for; however they will not be able to treat any of these conditions like an

#### Urologist Los Angeles

. This type of specialist focuses primarily on the urinary tract of males and females. If you are experiencing problems that are related to the urinary tract and you are not sure why, you may want to speak to a Urologist Los Angeles about your Urinary Incontinence.

Urinary Incontinence can be very embarrassing and affects your everyday life. You may avoid certain social settings all because you may have an accident and do not have anything to prevent yourself from having an embarrassing accident. This problem can be very frustrating. This is just one problem that can develop with age although this may develop due other factors. Older women and men may experience

#### Urinary

#### Incontinence

and Erectile dysfunction, which are both embarrassing and can dramatically affect the day to day activities you may choose to engage in just because you feel that there is simply no way to deal with these issues.

For men Erectile Dysfunction can be particularly embarrassing when you feel there is just no solution out there that can possibly help you in your particular situation. Erectile dysfunction is actually more common than people think and does not just happen to older men. This can develop in younger men as well and in most cases the reason is purely physical. There is no exact reason for this occurrence and there is no definitive cure; although with the advent of new ED drugs, men have more alternatives for fixing this issue. If you are a man seeking advance or help with you erectile dysfunction and don't know where you turn you may want to speak to a Urologist Beverly Hills.

Security: Public  
Location: Not Specified  
Mood: Not Specified  
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Sat, 12 May 2012

1:12 AM

## Preputioplasty and Labiaplasty - Reconstructive Surgery for the Genitals

Men often suffer from a condition called phimosis where it is difficult for the foreskin to retract fully from the penis. This is not only a cosmetic problem but also functional, as it causes difficulty while urinating or intercourse. Similarly, women may face problems of damaged vagina because of childbirth or an enlarged labia causing discomfort. For these conditions, a person consults an urologist who usually recommends preputioplasty and labiaplasty as a correctional surgery.

Phimosis in men is said to occur during developing years that gets resolved on its own. However, at times, trauma or diseases like developing tissues of white ring on foreskin stops the skin to retract. Though it is not clear what causes it, some believe that is brought on by bacterial or viral infection, or auto-immune disease. In another condition, there is redness and rashes on penis and foreskin along with pain and discharge.

Earlier, phimosis was treated using either steroid creams or circumcision. As circumcision used to cause much pain after the surgery, people started to look for minimal invasive procedure. That's when they came across

preputioplasty, which preserved the foreskin by making small Y-shaped incisions to widen the ring at the end of the foreskin. The

whole procedure can be completed in an hour and bring down the recovery time to few days to few weeks.

On the other hand, women wanting to restore their vagina would like to undergo

labiaplasty

. A labiaplasty tries to improve the appearance of vagina by reducing the labia. They may however be asked to make a choice between labia minora reduction and labia majora reduction. Labia minora reduction reduces the large labia minora that are visible while wearing swimsuits, leotards or any revealing clothes. Moreover, it may cause pain and discomfort during sex, wetness and irritation and discomfort during exercise. Labia majora though common, gets aggravated by estrogen stimulation, childbirth and extreme weight loss. It becomes noticeable while wearing tight-fitting clothes and may get embarrassing. Both labia minora reduction and labia majora reduction are often performed in conjunction with each other for better results.

Labiaplasty is performed sedatives and anesthesia and may take about an hour. After making an outline, excess tissue is removed and sutured allowing the area to heal properly. The scars formed are made to hide between the crease of labia minora and labia majora. The recovery time is of few weeks and requires the patient to stay away from strenuous activity, keep the area clean and take the medicines as prescribed.

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Location: Not Specified

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Mon, 11 Jun 2012

2:23 AM

## All About Vasectomies

There

is a good chance that if you are a female, you won't need to visit a urologist if you've been keeping up a good hygiene routine, barring an unforeseeable health issue development. But if you are a male, there is quite a good chance that at some point in your life, most likely during your middle-age years, that you will have to go see a urologist- not because you are ill or haven't been taking good hygienic care of yourself, but because you will most likely need or want a vasectomy.

A vasectomy is a procedure in which the vasa deferential of the male are severed and then tied or sealed such that sperm is prevented from entering into the seminal stream and therefore preventing ejaculation. Being a minimally invasive procedure taking only about ten to thirty minutes to complete, patients remain in minimal discomfort for a few days, with complete recovery occurring about a week after the procedure.

Although a modern urologist is competent at performing a wide variety of procedures, such as treating benign prostatic hyperplasia (enlarged prostates) or performing

Labioplasty

Los Angeles

surgeries,  
more often than not, the majority of his dealings will be with vasectomy-related matters; each year, between 175,000 to 354,000 vasectomies are performed. The vasectomy procedure itself involves making a small incision in the scrotum after the application of local anesthetic and cauterizing each end of a cut vas deferens. After getting stitched up, antibiotic ointment and a gauze pad are applied to the area with the incision.

You may have heard some horror stories about the pain that comes with vasectomies; these horror stories have been greatly exaggerated. Yes, there will be some swelling and discomfort after the procedure, but the discomfort and swelling will be relatively mild, and if you are too uncomfortable and in pain, the doctor may prescribe some pain relievers. For about a week or so after the surgery, you will need to wear a scrotal support garment or jockey shorts to encourage a rapid and successful recovery.

The  
most prominent reason men decide to get a

Vasectomy  
Los Angeles

is  
its effectiveness as birth control. According to the Royal College of Obstetricians and Gynecologists, however, there is a 1 in 2000 chance that a vasectomy will fail (a failed vasectomy is one in which a pregnancy occurs despite the vasectomy procedure), but those are much better statistics than those of tubal ligations (getting your tubes tied) by females: in every 200 to 300 cases of tubal ligations, there is at least one failure. Also, vasectomies as a form of birth control, when compared to tubal ligation, are more advantageous in that they are less invasive, less risky, and more cost effective. A post-op return visit to the urologist is necessary in order to ensure that a successful vasectomy has taken place.

For  
more details:

[Click here](#)

Security: Public  
Location: Not Specified  
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Sat, 14 Jul 2012  
2:32 AM

## Gentle and Effective Specialized Surgeries for Men and Woman

Plastic

surgery: best known for its transformation and enhancement of the nose, lips, chin, breast, stomach, and buttocks. However, there is also a lesser known, much less talked about, body area that has the ability to be cosmetically augmented too.

Vaginoplasty  
Los Angeles

is a reconstructive surgery that has been performed for millions of women who desire a more aesthetically pleasing appearance for their vagina. Years of damage from childbirth, difficulty in intercourse, physical trauma, or even cancer, can cause the tissue opening and muscles to stretch and widen so that it becomes loose, but this surgery will firm up and reshape the tissues, so you can achieve a more youthful appearance, rejuvenated muscle tone, and restored elasticity to the vagina that improves sensation during sexual intercourse.

During

an initial, in-office consultation, your surgeon will perform a physical examination to determine how much tightening and tissue removal is needed, and to ensure what are the specific requests you have for your body part. Even the most minor details must be discussed for this procedure is highly delicate and requires close and exact actions.

On

the day of the  
vaginoplasty procedure in  
los angeles, you will first be administered general  
anesthesia and sedation. You doctor will then perform the  
surgery by trimming the excess vaginal lining and reinforcing  
the tissues, as well as any other detailing that you have  
requested at your consultation. Then after about six  
weeks, you may achieve a complete recovery and may proceed with  
sexual activity.

Additionally,

there is a sensitive genital procedure for males that is rarely  
discussed yet successfully performed millions of  
times.

Vasectomy

Los Angeles

is

a highly effective and permanent male birth control that prevents  
live, active sperm from entering the seminal fluids by blocking  
the vas deferens. The vas deferens are thin channels that  
carry the sperm through the scrotum and out during ejaculation,  
but a  
vasectomy done in los  
angeles can block the tubes so sperm cannot reach and  
fertilize the woman's egg. The surgery itself is simple and  
safe; typically performed in less than 30 minutes in the doctor's

office. It will begin with a local anesthesia to ease discomfort, and then your doctor will create a tiny incision in the scrotum. He will gently pull out either the left or right vas deferens, snip and remove a small portion, heat seal the two ends of the tube (cauterized) and then place it back in the scrotum. The tiny, external incision can be closed with stitches, or heal naturally on its own.

After

the surgery, you will be instructed to stay off your feet and avoid any strenuous activity for a couple of days, as well as wear snug cotton briefs to help apply pressure against your groin for support. After a full six week recovery, your sperm will be collected and examined under a microscope to ensure that there are no more traces of sperm remaining.

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Location: Not Specified

Mood: Not Specified

Music:

Mon, 20 Aug 2012

5:28 AM

**Labiaplasty Los Angeles-Feeling prudish about your privates? Start feeling proud!**

There are two types of plastic surgery: reconstructive and cosmetic. Reconstructive plastic surgery is the genre of plastic surgery employed to improve or restore function or appearance due to deformities caused by genetic or birth defects, developed medical conditions, injuries, or medical conditions. Cosmetic plastic surgery, on the other hand, is the kind of plastic surgery that has come to be rather common and acceptable in today's society- surgical and nonsurgical procedures designed to bring about a more aesthetically-pleasing look to virtually any part of the body.

Recently, reconstructive and cosmetic plastic surgery to the genital regions of both genders has been garnering attention and popularity. Reconstructive plastic surgery to genital regions usually entails the correction of some abnormality that is causing the patient to experience sexual hardship or hardship simply living their daily lives, or quite possibly, both.

One example of a physical genital abnormality that could tremendously better the life of a female patient, both sexually and personally, is the labiaplasty. For women who have abnormally long or large outer or inner labias can experience sexual frustration- their inner labias might constantly get pulled in towards the vagina during sex, causing discomfort, and possibly pain- and/or general frustration during the course of a normal day- large or long labias tend to rub against undergarments more frequently and harshly than normal-sized labias, causing discomfort and pain, and potentially causing infections to develop.

The labiaplasty in Los Angeles is a reconstructive cosmetic procedure of either the inner labia or the outer labia, or both, that can help women who suffer from the above mentioned labia discomfort.

Males are not immune from the need for reconstructive plastic surgery to the genital region. There is a 1% chance that a male who is uncircumcised will have a penis that is afflicted by the medical condition known as phimosis. Phimosis prevents the foreskin of the penis from fully retracting over the end of the penis, which tends to cause either discomfort or pain- but the main problem with phimosis isn't the discomfort or pain associated with it.

Uncircumcised penii are already more susceptible to infection than circumcised penii simply because of the fact that uncircumcised penii require more precise and time-consuming hygienic maintenance. Having the condition of phimosis means that an uncircumcised penis is even harder to clean and maintain, heightening the risk of infection even higher.

In order to fix phimosis, a patient can do one of two things: either get a circumcision or get a preputioplasty. For most males who have phimosis, circumcision is undesirable, likely due to religious reasons or the simple fact that a circumcision is quite painful and requires a long and uncomfortable recovery. The majority of males who have phimosis choose to undergo the preputioplasty, which is relatively painless and requires a much shorter recovery time than circumcision. When deciding to undergo a preputioplasty, it is of utmost importance that you do your research and choose the most qualified preputioplasty specialist in Los Angeles to perform your procedure.

To find more details about preputioplasty please visit: [http://www.dr safir.com/DrSafir\\_About\\_Y-V\\_Preputioplasty.aspx](http://www.dr safir.com/DrSafir_About_Y-V_Preputioplasty.aspx)

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

5:50 AM

**Labiaplasty Los Angeles-Feeling prudish about your privates? Start feeling proud!**

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Security: Public  
Location: Not Specified  
Mood: Not Specified  
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Fri, 21 Sep 2012  
6:13 AM

Urologist Los Angeles- Haven't gotten your prostate checked lately?

There's  
no better time to get your prostate checked than during  
Prostate Cancer Awareness Month!

Did  
you know that September is Prostate Cancer Awareness Month? As  
prostate cancer continues to claim the lives of over 25,000  
American males each year- making it the leading cancer-related  
cause of death for American males- it is incredibly crucial to  
get prostates checked regularly by a

Urologist  
in Los Angeles

because  
if the earlier prostate cancer is detected, the better the chance  
that the patient will be cured. In fact, the president of the  
Large Urology Group Practice Association has stated that if

caught early enough, prostate cancer is almost always curable, with a 10-year survival rate at 99%.

According

to recent statistics, one in six American men will get prostate cancer at some point in their lives. This rate is even higher among African-American males and those with a familial history of prostate cancer. And the older a man gets, the higher his chances of developing prostate cancer.

Prostate

cancer usually presents no signs or symptoms until it is too late, meaning that getting your prostate checked with a screening is the only way to ensure that any prostate cancer that forms is detected early, when it is very, very treatable.

Prostate

cancer can be effectively treated a couple of different ways: surgically and via radiation therapy.

Prostate

cancer can be surgically cured with the removal of the prostate, using a method known as prostatectomy. Prostatectomy is most often used to treat prostate cancers that are still in its early stages or prostate cancers that have not responded to radiation therapy. Depending on the severity of the prostate cancer, the testicles may also have to be removed.

Radiation

therapy is the other method that is used to cure prostate

cancer. During radiation therapy, ionizing radiation is used to damage cells within the body. By damaging cells, apoptosis, or cell death, is induced. However, for normal, non-cancer cells, any damage caused by the radiation therapy should be able to be repaired, and not induce apoptosis. Radiation therapy can be used at all stages of prostate cancer.

Although

prostate cancer can be cured, the methods that are necessary to effectively kill the cancer has the high potential to cause an unfortunate side effect:

Erectile Dysfunction. This is because prostatectomy involves surgery to areas very close to nerves related to sexual function and radiation therapy inherently involves causing intentional damage to cells around the prostate, including cells related to sexual function.

Even

though erectile dysfunction is not favorable, there is good news: with time and treatment, sexual health and function should return. There are prescription medications, surgical implants, medical injections, and external devices available to help with the treatment of erectile dysfunction caused by treatments for prostate cancer.

To

know more about

Erectile Dysfunction

please visit:

[http://www.drSafir.com/DrSafir\\_Cause\\_of\\_Erectile\\_Dysfunction.aspx](http://www.drSafir.com/DrSafir_Cause_of_Erectile_Dysfunction.aspx)

Music:

Thu, 20 Sep 2012

2:59 AM

## Vaginal Rejuvenation can be Extremely Life-Changing

Factors such as pregnancy, aging, and personal injury can cause permanent stretching of the vagina canal; causing some dissatisfaction in the bedroom.

It has been said that performing Kegel exercises can help tightening and strengthen the vagina overtime, but even that can only do so much.

For guaranteed and dramatic results, women have the option of getting a

Vaginoplasty  
in Los Angeles

This cosmetic surgery focuses on targeting the hymenotomy, or the actual opening of the hymen.

This procedure removes the excess skin lining and tightens the surrounding muscles and tissues so that there will be a renewed and noticeable tightness.

Most women opt to combine vaginoplasty with labiaplasty (refining of the outer and inner labia) for an added lift and rejuvenation to their body part.

It is a surgery that does not require an extended recovery time, and patients can return to normal sexual activities after seven days.

But an issue that affects both males and females is urinary tract infection.

Also known as, UTI, this

infection can occur in both sexes at any age and is caused by microbe bacteria that enters the urinary tract and are not flushed out properly.

This can cause mild to severe pain in the pelvic or lower back, fever, vomiting, and occasionally bloody urine.

This condition is actually more common in women than in men because their urethra is much shorter, making it easier for bacteria to travel up the urinary tract.

In fact, sexual intercourse is the cause of 75-90% of UTI in women because the existing bacteria around the vagina area gets pushed up and massaged into the urethra.

Another cause of this infection results from waiting too long to urinate, where the bladder muscle is forced out stretch out beyond its capacity and begin to weaken.

Once the bladder is emptied however, there is still a small amount of urine left that will lead to an infection.

To cure a UTI, an

Urologist in Los Angeles

will take a urine sample and collect the number the bacteria and white blood cells to observe under a microscope.

If the diagnosis is correct, your urologist will prescribe to you some antibiotics to kill the bacteria, and this should not be discontinued until the entire treatment is complete.

Your urologist will even advise out on some simple ways to avoid another UTI in the future, such as wiping front to back after the a bowel movement, urinating right after intercourse, and drinking plenty of fluids to flush the bacteria out.

Security: Public

Location: Not Specified

Mood: Not Specified

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