

## Phimosis in Hindu Diabetic Patients

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The incidence of infection of the glans - prepuce in diabetic patients is very common. Any patient who get repeated attacks, do not miss the diagnosis of phimosis. Since during the attack of infection, prepuce cannot be retracted. It is a good habit to make that in every Hindu diabetic patient, he should be made to retract the prepuce to see if he has got phimosis. Thus, the examination of the

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patient after removing all the clothes and examining from top to bottom will start with protruding the tongue out and will end by retracting the prepuce.

In fact, this examination should be conducted in all health examination in every patient.

The advise of circumcision to remove the prepuce reduces the incidence of infections, AIDS and cancer of the penis. By the way, if you are at that spot, also look at the external urethra to make sure that he has no urethral stenosis.

### Urinary retention in men

Acute urinary retention (AUR) is defined as the sudden inability to pass any urine voluntarily associated with a painful, palpable or percussable bladder.

In **Chronic** urinary retention (CUR) there is a non-painful bladder, which remains palpable or percussable after the man has passed urine, with a post-void residual volume > 300 ml.

Urinary retention may result from bladder outflow obstruction, neurological impairment, or impaired detrusor smooth muscle function. It may also be linked to medication (anticholinergic and sympathomimetic drugs) and a detailed pharmacological history is vital.

CUR is usually painless. Men with low pressure CUR may complain of hesitancy, slow stream, and a feeling of incomplete emptying, while those with high pressure CUR may be asymptomatic or complain of urgency. Recent onset of bedwetting in a man is almost pathognomonic of high pressure CUR.

Examination should include a digital rectal examination to evaluate for prostate size and possible malignancy, rectal masses, faecal impaction, perineal sensation, and rectal sphincter tone.

A normal prostate examination does not rule out BPH as a cause of obstruction as small prostates can also cause retention.

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