

Letter to Editor

Emptying the urinary bladder in elderly men

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The urinary system is a very important unit of the body, comprising the group of organs that produce and excrete urine; this consists of the kidneys, ureters, urinary bladder, and urethra. The kidneys cleanse the blood of toxins and transform the waste into urine, and then it passes into the ureters that convey urine from the kidneys to the urinary bladder. The bladder is a hollow muscular organ that functions as a storage tank for waste products and collects and stores urine before disposal by urination, better known as micturition. Once the bladder is full, one has to urinate to get rid of waste products from the body. However, if one has urinary retention, the bladder doesn't completely empty on micturition; urinary retention is the inability to void urine voluntarily. This can happen to both men and women, but it is more prevalent in men. Retention is most common in men in their 60s to 80s [1]. Research determined that over five years, 10% of men over 70 and close to one-third in their 80s will develop acute urinary retention. The roots of urinary retention are abundant and categorized as obstructive, infectious, inflammatory, pharmacologic, neurologic, or other.

During old age, discharging urine is not smooth; the flow diminishes, comes out drop by drop, and remains incomplete many times, especially in the case of males [2]. This leads to disappointment and discomfort, as well as urinary retention [3] in the bladder, which is harmful to the kidneys. This, of course, requires medical attention, but here it is suggested that one can evacuate the bladder by taking a couple of steps in the shortest possible time. While peeing, if you are unable to start urination because the release of urine is delayed, the flow is interrupted, or the flow stops, it can be restored by adopting the following steps:

1. Hold the genital organ between your two fingers, somewhere in the middle.
2. Pull the cover (upper skin) backwards to a large extent.
3. Bring it back to its original state.

4. Repeat the full process two to three times.
5. Wait for a while.
6. The urine will come out.
7. The whole process may be repeated a couple of times to achieve satisfaction and get rid of retention.

The author, born in 1949, has been facing the problem for quite some time and has always adopted steps 1–6 to discharge urine satisfactorily. As far as point 7 is concerned, on one occasion the author repeated them up to six times, and after every repetition of all six steps, urine flow happened all the time. Urine retention is a common problem for senior male citizens. Of course, if it is acute or chronic [4, 5], one has to visit an expert. But, in the beginning stage, when it is causing dissatisfaction or discomfort, the concerned person should follow the above-mentioned simple steps. Urologists are supposed to come up with an explanation for the observations reported here.

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