UROLOGICAL ASSOCIATION OF KERALA
UAK



2026
OCTOBER
NEWS LETTER

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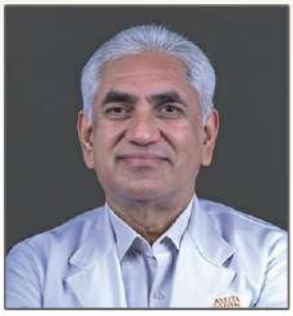
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UAKON 2027 - Kottayam - October

Prof HS Bhat Midterm Conference 2027- Kozhikode - November



UAK COUNCIL MEMBERS



Dr K V Sanjeevan
President



Dr Vinod K V
Imm Past President



Dr Manikandan M
Secretary



Dr Renu Thomas
Joint Secretary



Dr Anoop K Sankar
Treasurer



Dr Nandagopal V
Council Member



Dr Subeesh Parol
Council Member



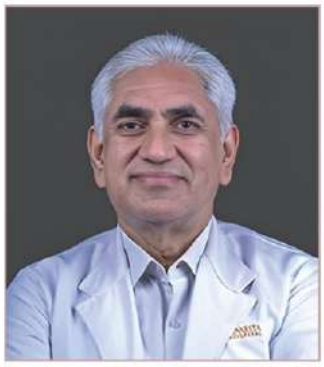
Dr Ashish S Nair
Council Member



Dr Jithunath M R
Council Member



Dr Goutham Gopinath
Editorial Secretary



President's Message

Urological Association of Kerala

As my tenure as President of the Urological Association of Kerala (UAK) draws to a close, I look back with gratitude and fond memories. It has been a privilege to serve the Association, and I sincerely thank all our members for their trust, encouragement and support. The progress we have made this year is the result of our collective effort. We also remember with affection our departed colleagues, Dr RP Madhavan and Dr Ampat Nainan Thomas, whose contributions and fellowship will always be valued.

Save the Testis: A Cause Close to My Heart

Save the Testis has been one of the initiatives closest to my heart. It is distressing to see a young boy lose a testis to torsion when timely recognition and treatment could have prevented it. An informed parent or an alert doctor can make all the difference. UAK's school awareness sessions and the educational video for young boys and adolescents, funded by the Association of Southern Urologists (ASU) and produced jointly by UAK and the Kochi Urology Club (KUC), are encouraging steps. I hope we continue this effort until the message reaches every child, parent and healthcare provider who needs to hear it.

Leadership, Learning and Knowledge Sharing

I believe an Association grows stronger when its members are encouraged to share ideas and take initiative. The UAK Leadership Meet was organised in this spirit, and I hope it will continue to inspire more members to contribute and lead.

UroAICON, our mid-term conference at Thiruvananthapuram, introduced members to the growing role of artificial intelligence in urology. As this technology evolves, we must remain open to its possibilities while understanding its limitations and responsibilities.

Our Resident Learning Programme continues to give young urologists valuable opportunities to learn from experienced faculty and discuss clinical challenges. MISTICON 2026 adds to this culture of shared learning through discussions on Rezum, live cases, MIST versus medical management, and simulator training. Such programmes bring residents and practising urologists together, allowing us to learn from one another and improve our clinical practice.

Strengthening UAK and Looking Ahead

Securing a permanent office and completing the necessary constitutional amendments are important steps in strengthening UAK for the future. Preparations for South Zone USICON 2027 at Thrissur are also progressing, and I wish the organising team every success.

We now look forward to UAKON 2026, the 40th Annual Conference of our Association in Kochi. I congratulate the Kochi Urology Club and its leadership on their efforts. The pre-conference workshop at Amrita Hospital, featuring live and semi-live procedures, including penile prosthesis implantation and the use of AALBEC (Autologous Adult Live Cultured Buccal Epithelial Cells), marketed as XTIKTR, for urethral stricture, promises valuable learning opportunities.

For many of us, our annual conference is as much about meeting old friends and welcoming younger colleagues as it is about academic learning. I hope UAKON 2026 will bring us together in the same spirit of knowledge, friendship and fellowship that has always defined our Association.

Moving Forward, Together

No President can achieve much without the support of the members. Every initiative undertaken this year has depended on the time, effort and goodwill of many colleagues. I thank our office-bearers, affiliated clubs, faculty members, residents, volunteers and every member who has contributed to this journey.

I leave this office grateful for the opportunity to serve, proud of what we have achieved together and hopeful about UAK's future. Let us continue to share knowledge, encourage our younger colleagues, reach out to society and remain open to new ideas. Above all, let us remember that the true value of our work lies in the difference we make to our patients' lives.

May UAK continue to grow in knowledge, remain united in friendship and serve society with compassion and purpose.

With warm regards and heartfelt gratitude,

Dr K V Sanjeevan
President
Urological Association of Kerala

Message from Hon Secretary



It gives me immense pleasure to connect with all members of the Urological Association of Kerala through this edition of our newsletter.

The past year has been a vibrant and productive one for UAK, marked by academic excellence, professional engagement and a strong spirit of collaboration. The Association has continued to expand its activities beyond the annual conference, creating more opportunities for learning, leadership and interaction among our members.

We successfully conducted several important academic initiatives, including **MISTICON**, the **UAK** Midterm Conference and UAK Leadership Meeting 3.0. These programmes provided valuable platforms for meaningful scientific discussions, exchange of ideas and interaction between senior consultants and younger colleagues. The **UAK** Leadership Meeting 3.0, in particular, was an initiative aimed at nurturing leadership qualities and encouraging our members to contribute more actively to the future of our profession and Association.

It is particularly gratifying to see our postgraduate students and young urologists achieving new milestones. Many of our postgraduates have secured prestigious fellowships and academic opportunities, bringing recognition not only to themselves but also to their institutions and to UAK. Their achievements are a reflection of the dedication of our teachers, the strength of our academic environment and the enthusiasm of the next generation of urologists.

UAK has always believed that the strength of an association lies in its members. Our continued efforts therefore remain focused on providing meaningful academic opportunities, supporting young urologists, encouraging research and fostering professional camaraderie.

As we move forward, I am confident that UAK will continue to grow as a progressive, inclusive and academically vibrant professional organisation. I sincerely thank the President, Executive Committee members, senior colleagues, faculty, postgraduates and every member of UAK for their wholehearted support and participation in our activities.

Together, let us continue to learn, lead and strengthen urology in Kerala.

With warm regards,

Dr. Manikandan M
Secretary
Urological Association of Kerala (UAK)

Message from Editorial Secretary



Dear UAK members,

Warm greetings to all members,

The year has been filled with lot of UAK activities. The activity reports of UroAIcon, UAK Leadership Meet and MistiCon has been included in the Newsletter. PG learning program has been conducted with good participation from postgraduates. The UAK project on awareness on testicular torsion has been detailed in this newsletter. Continued support of all members was energy for various UAK activies.

With regards

Dr Goutham Gopinath

Editorial secretary

Obituries

Rest in peace



Dr AN Thomas



Dr RP Madhavan

UroAICON 2026

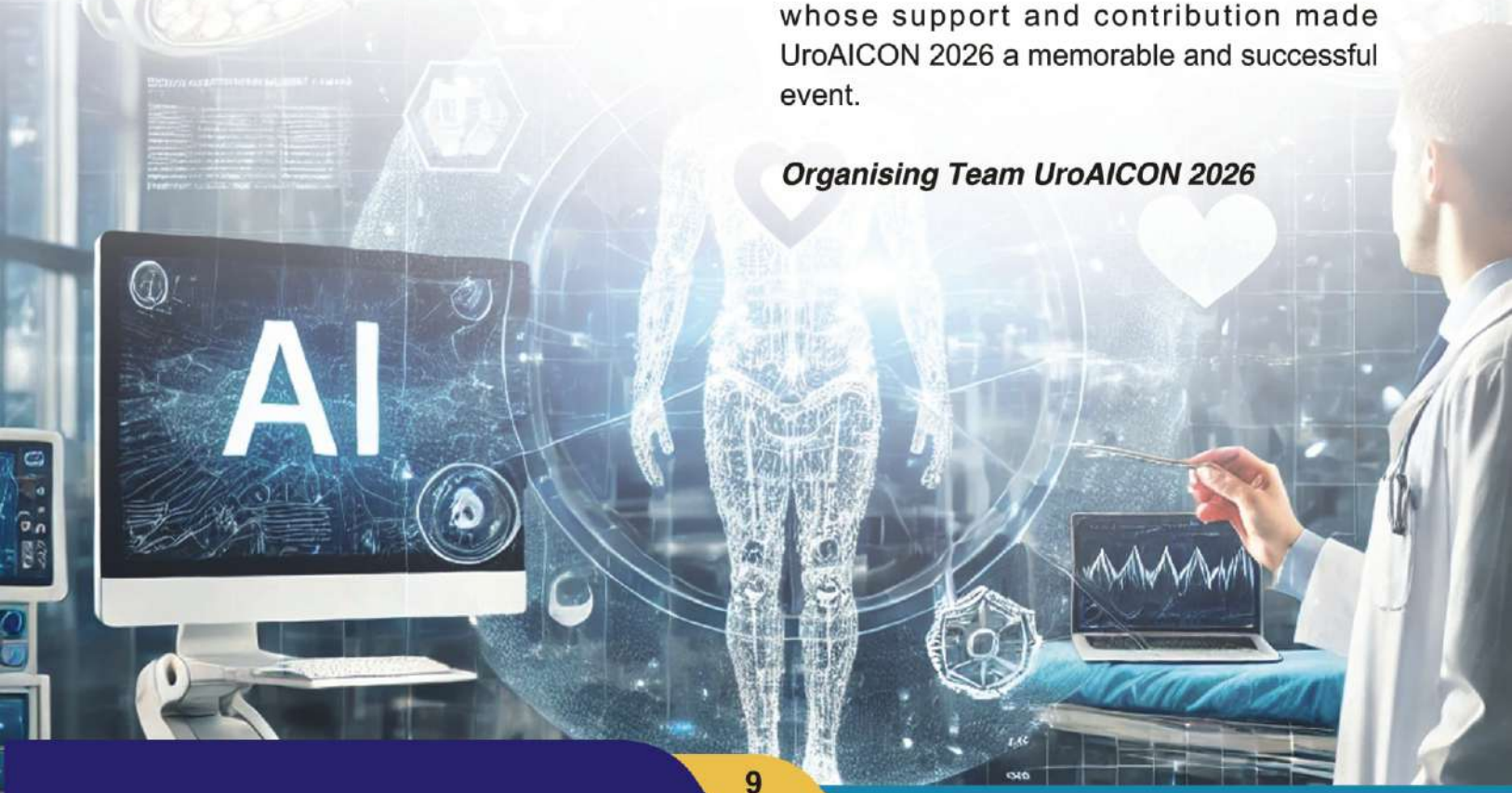
The Midterm Conference of the Urological Association of Kerala (UAK), UroAICON 2026, was successfully conducted on 26th April 2026 at Hotel Hycinth, under the auspices of the Trivandrum Urology Club. The academic event brought together urologists from across Kerala for a day of insightful scientific deliberations, knowledge exchange, and professional interaction.

The conference was preceded by a Hands-on Workshop on AI Tools on 25th April 2026, which generated significant enthusiasm among participants. The workshop focused on the practical applications of emerging AI tools in clinical practice, academics, and research. The sessions were interactive, informative, and highly appreciated by the attendees. A total of 94 delegates registered for the workshop, reflecting the growing interest in integrating technology into modern urological practice.

The main conference on 26th April witnessed an encouraging response from the urological fraternity across the state. A total of 120 registrations were received, with 102 delegates attending the conference from various parts of Kerala. The theme of the conference was "Role of AI in various sub specialties of Urology". The scientific programme featured a series of engaging topics presented by eminent faculty members. The sessions were informative, gripping, and well received by the audience, leading to active discussions and meaningful academic interaction throughout the day.

The conference successfully fulfilled its objective of providing a vibrant platform for academic enrichment and professional collaboration. The overwhelming participation and positive feedback from delegates highlighted the success of both the AI workshop and the main conference. The Organising Committee expresses its sincere gratitude to all faculty members, delegates, sponsors, and volunteers whose support and contribution made UroAICON 2026 a memorable and successful event.

Organising Team UroAICON 2026



REPORT ON MISTICON 2026
REZUM

MISTICON 2026 was organized by **JRNC** at **CIMAR** Hospital, Thrissur with ***UAK as the knowledge partner.***

The meeting focused on REZUM water vapor therapy, one of the MIST procedures for benign prostatic hyperplasia (BPH). Dr. KV Sanjeevan, the Hon. President of UAK, Dr. Vinod K V, the immediate past president of UAK and Dr. Sathiandran Nambiar, President elect,UAK, joined online for the program. Dr. Manikandan M, Hon Secretary UAK and Dr. Anoop K Sankar, Treasurer UAK were physically present for the event. They and other dignitaries discussed the significance of adopting new technologies in urology, emphasizing the need for understanding and proper use of procedures like REZUM. Dr. Vinod K V highlighted the shift towards minimally invasive treatments due to changing patient preferences and the need for continuous learning and sharing among urologists.







Dr.Sathiandran Nambiar shared patient testimonials and the potential of REZUM to transform urological practices, while Dr.Manikandan M, the Hon. Secretary UAK, appreciated the collaborative efforts in organizing such training programs.

4 live case demonstrations were done for the delegates in two different batches by Dr. Jithunath M R. Academic talk were given by Dr. Anish Pushkaran, Consultant Urologist, Luton and Dunstable University Hospital, NHS Trust, United Kingdom who spoke on MIST vs Medical Treatment in BPH via Zoom Meeting. He particularly addressed concerns about side effects and the cost-effectiveness of medical management vs REZUM as a first-line treatment for BPH. Principles and concepts involved in the selection of the right patient for REZUM was discussed by Dr. Anoop K Sankar.

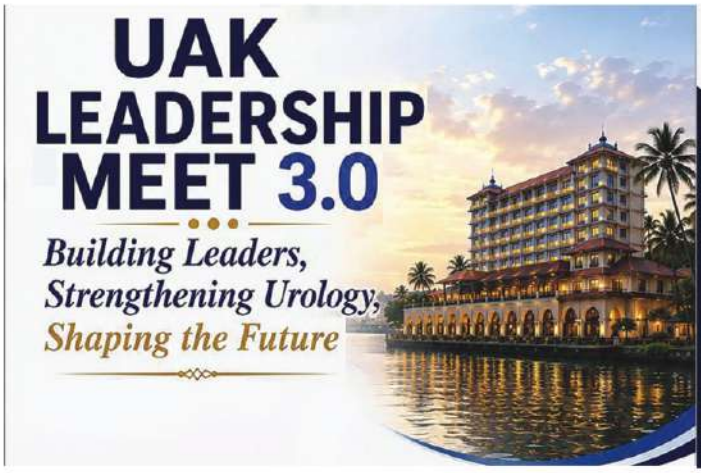
There was REZUM simulator arranged by Boston Scientific on which all delegates had hands on experience. A total of 17 delegates participated in the programThe session was concluded with certificate distribution and vote of thanks.



REPORT ON UAK LEADERSHIP MEET

UAK's flagship program is the Leadership Meet. With the goal of identifying and developing members into leadership , UAK initiated this unique program.

UAK Leadership Meeting 3.0 was held at Taj Vivanta, Kochi on 26.7.2026. Dr Mallikarjun C, Past president of USI and Dr Rajeev TP, past president of USI were the chief guests. Nearly 40 members attended program. Various topics on various leadership topics were presented by Dr Mallikarjun C, Dr Rajeev T P and Dr Vinod K V with active discussions by delegates. Symposium Leadership in govt and private setups was conducted with Dr Goutham Gopinath and Dr Joju Akkara as moderators. Meeting was concluded with closing remarks by 4 pm.














LEADERSHIP
MEETING 3.0
BUILDING LEADERS • STRENGTHENING UROLOGY • SHAPING THE FUTURE
9.00 AM
TO 4.00 PM
VIVANTA BY TAJ
LEADERSHIP
MEETING 3.0


LEADERSHIP
MEETING 3.0















REPORT ON UAKON KANNUR 2025

UAKON Kannur 2025 was conducted at Krishna Beach Resort on October 11 th and 12 th 2025. 217 delegates registered and participated. The conference was conducted by Kannur Urology Association. Nearly 30 accompanying persons registered. Workshop was conducted on 10th October. Topics were Vascular access surgery by Dr Rajesh, HOD CVTS , GMC kozhikode, Robotics by Dr Mujeeb Rahman, HOD urology, Yenapoya , Rezum by Dr Jithunath M R, Thrissur, Thulium LASER by Dr Abhilash Antony, Kannur.

First day of conference started at 9 am with presentation of review paper by Dr Nikhil John on CHEMOPROPHYLAXIS IN VUR POST RIVUR STUDY DATA. Inauguration of conference was done at 11 am. Professor Roy Chally oration was presented by Dr Krishnaprasad Venkiteswaran, Thrissur. Talks on various topics covering different areas of urology was presented by prominent speakers.

Annual General body was held at 5 pm. Banquet with cultural programs was held at Vasava beach resort. Various branches conducted variety cultural event involving talented UAK members and family. Trivandrum Branch bagged first prize for best performance. Uroquiz was conducted on 2 nd day at 8 am by quizmaster Dr. Suchindraprasad Unni. Best paper session, best video sessions and moderated poster session were conducted. Uromarathon was conducted at Payyambalam beach on Sunday morning. Valedictory function was held at 1 pm on second day.

The conference was concluded in a pleasant note with delegates treated with academic updates, plenty of cultural and sports activities and Kannur culinary treat.




UAKON 2025
KANNUR


UAKON 2025
Valedictory
Video




rds and Prizes of UAK for the year 2025


UAKON 2025


UAKON 2025






UAKON 2025


UAKON KANNUR
OCT 11|12


UAKON KANNUR
OCT 11|12












UAKON 2025

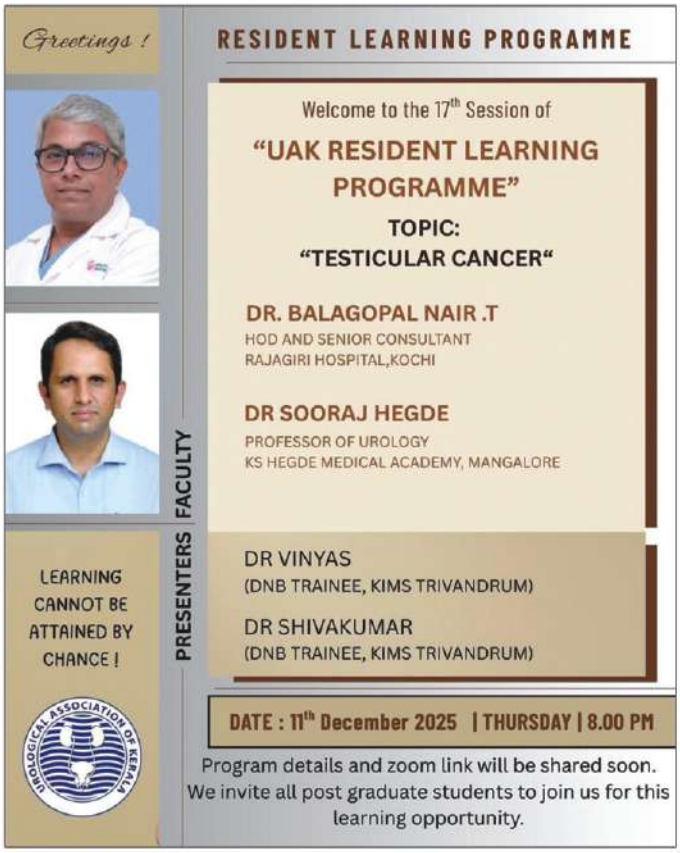


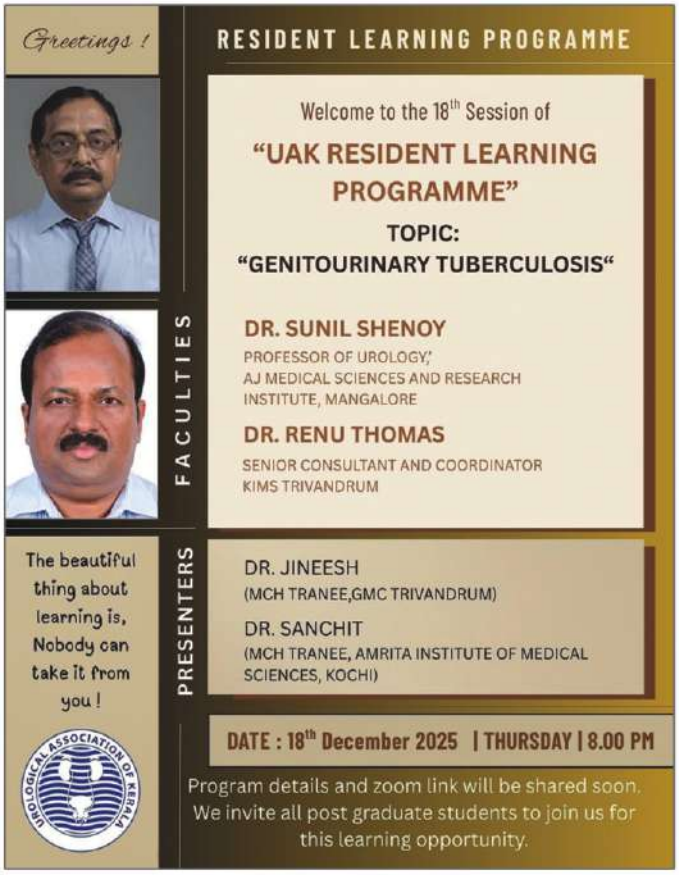

UAKON
KANNUR
2025 Oct.10 | 11 | 12

REPORT ON PG LEARNING PROGRAM

UAK continued to support the postgraduates with the PG learning program. The online classes were conducted by monthly. Dr Subeesh Parol was the coordinator for the program. Post graduates presented various cases to eminent facilities and had very active discussions.









FACULTIES



Dr KV SANJEEVAN



Dr ARUN KUMAR CHAWLA

"An investment in knowledge pays the best interest"

-Benjamin Franklin

ACADEMIC CO ORDINATOR
Dr SUBEESH PAROL
Mob : 8547774477
parolsubeesh@gmail.com

UROLOGICAL ASSOCIATION OF KERALA

Resident Learning Programme

welcome to 20th session of

UAK RESIDENT LEARNING PROGRAMME

TOPIC: STRICTURE URETHRA

Dr KV SANJEEVAN
Professor and HOD
Department of Urology
Amrita Hospital, Kochi

Dr ARUN KUMAR CHAWLA
Professor and Unit Head
Department of Urology
Kasturba Medical College, Manipal

PRESENTERS

Dr ARJUN RAVEENDRAN
Senior Resident
GMC Kottayam

Dr JERIN TITUS
Senior Resident
GMC Kottayam

DATE: 6th May 2026 | WEDNESDAY | 8PM

Program details and zoom link will be shared soon. We invite all prost graduate students to join us for this learning opportunity

PRESIDENT	SECRATARY	TREASURER
Dr KV SANJEEVAN	Dr MANIKANDAN M	Dr ANOOP K SANKAR

FACULTIES



Dr RAJEEVAN AT



Dr POULOSE CHALLY

"Live as if you were to die tomorrow. Learn as if you were to live forever."

-Mahatma Gandhi

ACADEMIC CO ORDINATOR
Dr SUBEESH PAROL
Mob : 8547774477
parolsubeesh@gmail.com

UROLOGICAL ASSOCIATION OF KERALA

Resident Learning Programme

welcome to 21ST session of

UAK RESIDENT LEARNING PROGRAMME

TOPIC: BLADDER TUMOUR

Dr RAJEEVAN AT
PROFESSOR and HOD
Department of Urology
GMC, KOTTAYAM

Dr POULOSE CHALLY
SENIOR CONSULTANT
Department of Urology
BABY MEMORIAL HOSPITAL KOZHIKODE

PRESENTERS

Dr SOUMITH SUBHASH
Senior Resident
GMC Kozhikode

Dr TONY GEORGE
Senior Resident
GMC Kozhikode

DATE: 19th May 2026 | TUESDAY | 8PM

Program details and zoom link will be shared soon. We invite all prost graduate students to join us for this learning opportunity

PRESIDENT	SECRATARY	TREASURER
Dr KV SANJEEVAN	Dr MANIKANDAN M	Dr ANOOP K SANKAR

FACULTIES



Dr RAJEEV TP



Dr MANIKANDAN M

"Anyone who stops learning is old whether at twenty or eighty"

-Henry Ford

ACADEMIC CO ORDINATOR
Dr SUBEESH PAROL
Mob : 8547774477
parolsubeesh@gmail.com

UROLOGICAL ASSOCIATION OF KERALA

Resident Learning Programme

welcome to 24th session of

UAK RESIDENT LEARNING PROGRAMME

TOPIC : BPH

Dr RAJEEV T PUTHALATH
PROFESSOR & HEAD
DEPARTMENT OF UROLOGY
KS HEGDE MEDICAL ACADEMY,
NITTE DEEMED TO BE UNIVERSITY
MANGALURU

Dr MANIKANDAN M
PROFESSOR
DEPARTMENT OF UROLOGY
GMC KOZHIKODE

PRESENTERS

Dr NIDHIN PN
DNB Resident
BMH KOZHIKODE

Dr MUHAMMED THASNEEM K
DNB Resident
IQRAA HOSPITAL KOZHIKODE

DATE: 18th AUGUST 2026 | TUESDAY | 8PM

Program details and zoom link will be shared soon. We invite all prost graduate students to join us for this learning opportunity

PRESIDENT	SECRATARY	TREASURER
Dr KV SANJEEVAN	Dr MANIKANDAN M	Dr ANOOP K SANKAR

FACULTIES



Dr KV SANJEEVAN



Dr G CHENGALVARAYAN

"Anyone who stops learning is old whether at twenty or eighty"

-Henry Ford

ACADEMIC CO ORDINATOR
Dr SUBEESH PAROL
Mob : 8547774477
parolsubeesh@gmail.com

UROLOGICAL ASSOCIATION OF KERALA

Resident Learning Programme

welcome to 25th session of

UAK RESIDENT LEARNING PROGRAMME

TOPIC : Carcinoma Penis

Dr KV Sanjeevan
PROFESSOR & HEAD
DEPARTMENT OF UROLOGY
AIMS KOCHI

Dr G Chengalvarayan
Sr CONSULTANT
DEPARTMENT OF UROLOGY
MADRAS MEDICAL COLLEGE, CHENNAI

PRESENTERS

Dr NIKHIL JOHN
Senior Resident
GMC KOZHIKODE

Dr GOUTHAM SATHYAPAL
Senior Resident
GMC KOZHIKODE

DATE: 8th SEPTEMBER 2026 | TUESDAY | 8PM

Program details and zoom link will be shared soon. We invite all prost graduate students to join us for this learning opportunity

PRESIDENT	SECRATARY	TREASURER
Dr KV SANJEEVAN	Dr MANIKANDAN M	Dr ANOOP K SANKAR


CHAIRPERSONS
Dr KV SANJEEVAN
Dr MANIKANDAN M
"Tell me and I forget, teach me and I may remember, involve me and I learn."
– Benjamin Franklin
ACADEMIC CO ORDINATOR
Dr SUBEESH PAROL
Mob : 8547774477
parolsubeesh@gmail.com
UROLOGICAL ASSOCIATION OF KERALA
Resident Learning Programme
welcome to 26th session of
UAK RESIDENT LEARNING PROGRAMME
TOPIC : Beyond the Thesis: Turning Clinical Ideas into Research, Publications & Grants
Dr Binu Areekal
PROFESSOR & HEAD
DEPARTMENT OF COMMUNITY MEDICINE
GOVERNMENT MEDICAL COLLEGE
ERNAKULAM
DATE: 7th OCTOBER 2026 | WEDNESDAY | 8PM
Program details and zoom link will be shared soon.
We invite all prost graduate students to join us for this learning opportunity
PRESIDENT
Dr KV SANJEEVAN
SECRATARY
Dr MANIKANDAN M
TREASURER
Dr ANOOP K SANKAR

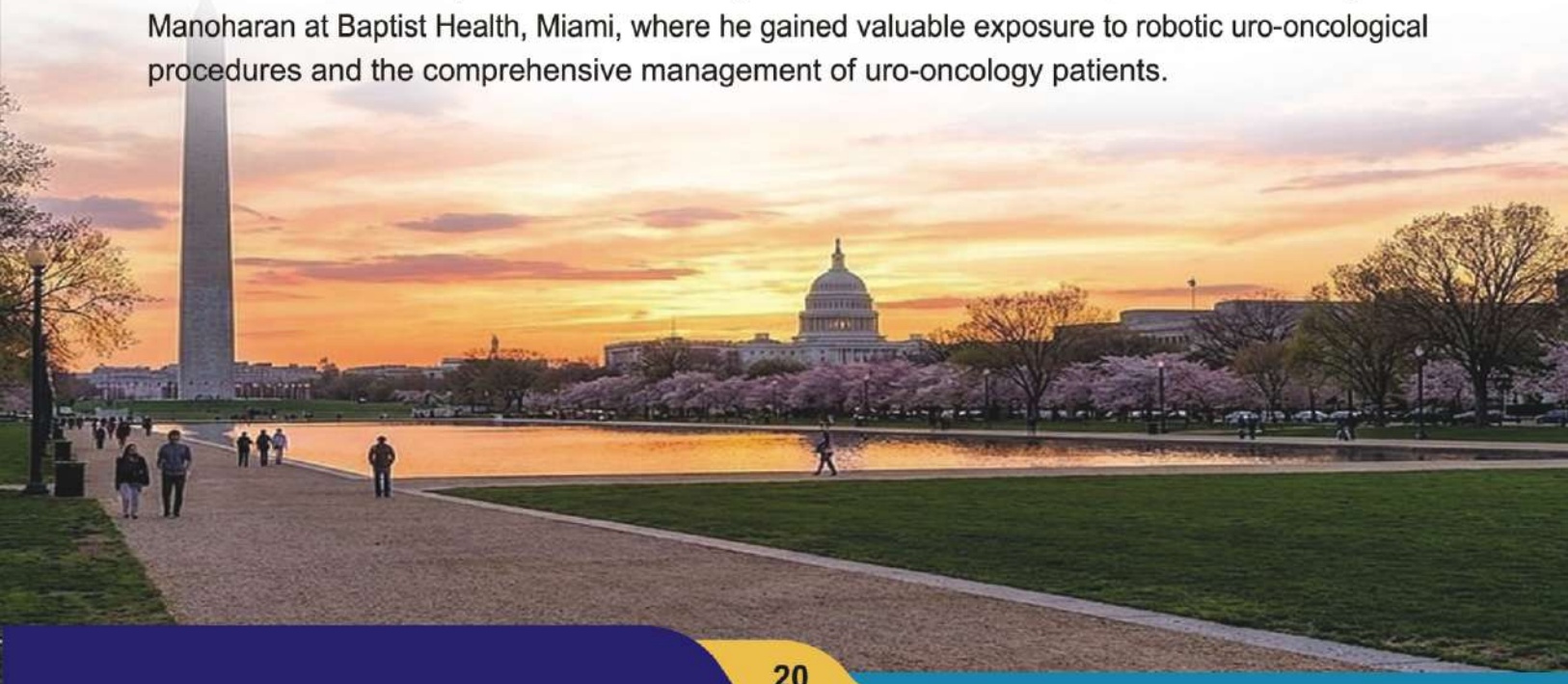


USI fellowship of Dr Goutham vinod

PG from Calicut



As a recipient of the USI–AUA Fellowship, he attended the AUA Annual Meeting in Washington, D.C., from 14–18 May 2026, which was an academically enriching experience that exposed him to the latest developments in urology and provided opportunities to interact with eminent urologists from around the world; this was followed by a one-month observership under Dr Murugesan Manoharan at Baptist Health, Miami, where he gained valuable exposure to robotic uro-oncological procedures and the comprehensive management of uro-oncology patients.



ACHIEVEMENTS



USI fellowship of Dr Anusruthi Gopi

PG from Calicut

As a recipient of the prestigious USI–AUA Fellowship, she had the opportunity to attend the AUA Annual Meeting held in Washington, D.C., from 14–18th May 2026. The meeting provided an exceptional academic platform to engage with the latest advances, innovations, and evolving trends across the field of urology. Participation in scientific sessions, discussions, and interactions with eminent urologists from around the world significantly broadened her academic perspective and provided valuable insights into contemporary urological practice.

Following the conference, she undertook a one-month observership under the guidance of Dr. Murugesan Manoharan at Baptist Health, Miami. This experience provided valuable exposure to advanced robotic uro-oncological surgery, including the principles and nuances of contemporary robotic surgical techniques, as well as the comprehensive evaluation and multidisciplinary management of patients with uro-oncological malignancies. The observership offered an opportunity to closely observe high-volume clinical practice and advanced surgical care, thereby enhancing her understanding of modern uro-oncology and robotic surgery.

Overall, the USI–AUA Fellowship was a highly enriching academic and professional experience. It enabled to broaden her knowledge, gain international exposure to contemporary urological practice, and develop a deeper appreciation of advances in robotic uro-oncology, which will contribute meaningfully to her future clinical practice and academic career.



ACHIEVEMENTS



Dr Sanchit Mittal

2024 batch SR 3

was awarded travelling fellowship

to attend the NAUS 2026 Conference

From AIMS Kochi

USI NAUS Nepal Travelling Fellowship

ACHIEVEMENTS

Sports



Dr Goutham Gopinath

USICON INDORE 2026

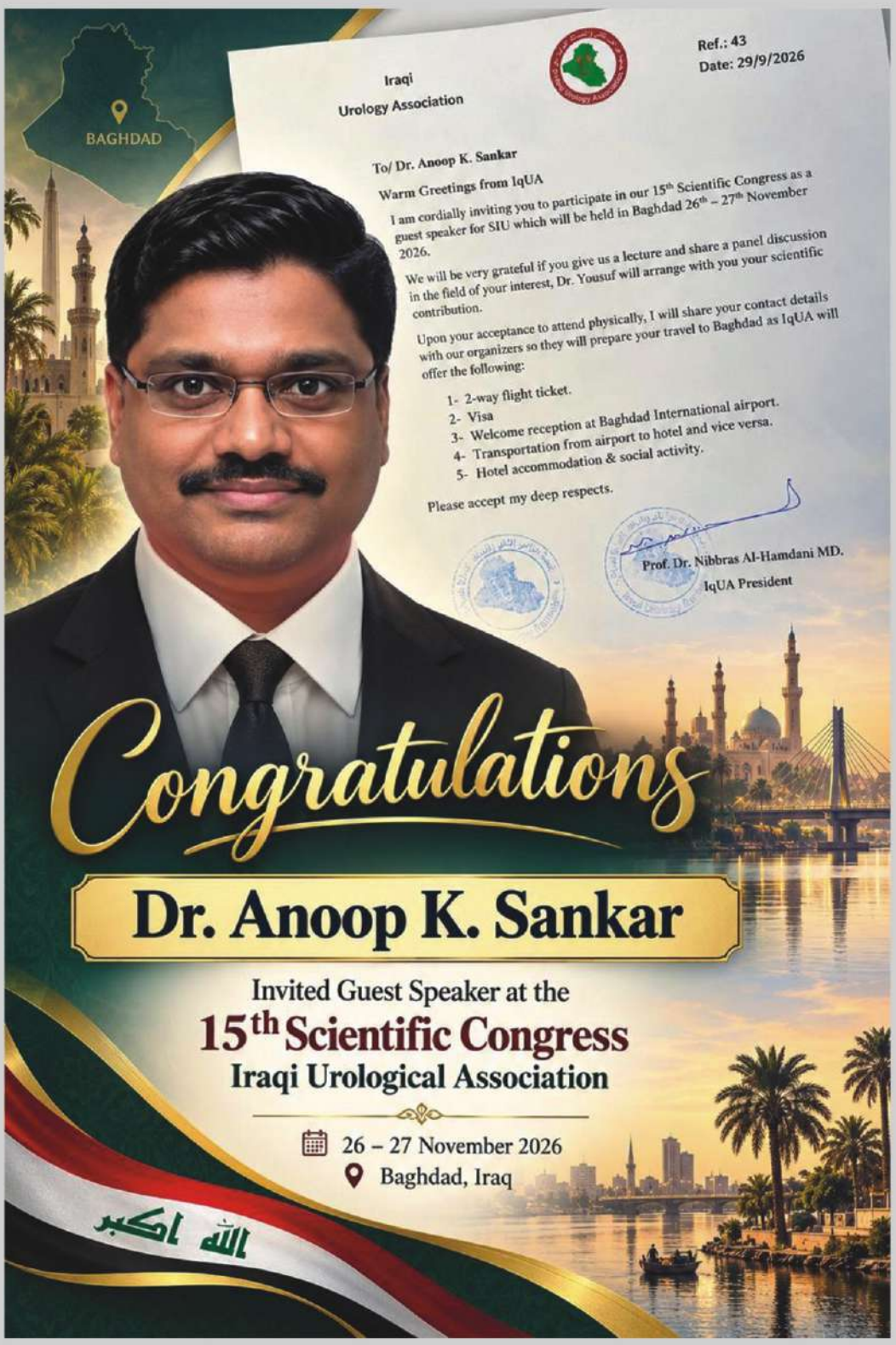
Chess - 1st place

Table Tennis - 3 rd place

SZUSICON Mangalore 2026

Table tennis 1st place

ACHIEVEMENTS



UROLOGY ASSOCIATION OF KERALA (UAK)

PUBLIC AWARENESS INITIATIVE TESTICULAR TORSION

A race against time: Early recognition can save the testis

The Urology Association of Kerala releases an awareness video highlighting the importance of recognising testicular torsion and seeking immediate medical attention.

A time-critical urological emergency

Testicular torsion is one of the most urgent conditions encountered in urological practice. It occurs when the spermatic cord twists around its axis, compromising the blood supply to the testis and resulting in progressive ischaemia. Without prompt treatment, this can lead to irreversible testicular damage and loss.

As part of its ongoing public-awareness initiatives, the **Urology Association of Kerala (UAK)** is releasing an educational video to raise awareness about this emergency among the public, particularly adolescents, parents, teachers, and caregivers.

The central message is simple: **sudden testicular pain is an emergency, and every minute matters.**

What is testicular torsion?

Testicular torsion occurs when the spermatic cord—the structure carrying the blood vessels, nerves, and other components supplying the testis—twists, restricting its blood flow.

Although it can occur at any age, it is particularly common during adolescence, with the peak incidence around puberty. An anatomical abnormality known as the bell clapper deformity can predispose the testis to excessive mobility and twisting. Torsion may occur during physical activity or at rest, including during sleep.

The condition is often unpredictable, and the absence of trauma or any obvious trigger does not exclude it.

Recognise the warning signs

Symptoms that require immediate medical evaluation include:

- Sudden, severe pain in one testis or one side of the scrotum.
- Scrotal swelling, redness, or marked tenderness.
- A testis that appears higher than usual or lies horizontally.
- Nausea or vomiting accompanying testicular pain.
- Groin or lower abdominal pain, particularly in children and adolescents.

Pain may occasionally resolve temporarily if the testis untwists spontaneously. However, this can represent intermittent torsion and should never be considered reassuring without medical assessment.

Parents and caregivers should take sudden scrotal or unexplained lower abdominal pain in children seriously. Embarrassment or hesitation must not delay seeking care.

Why is time so important?

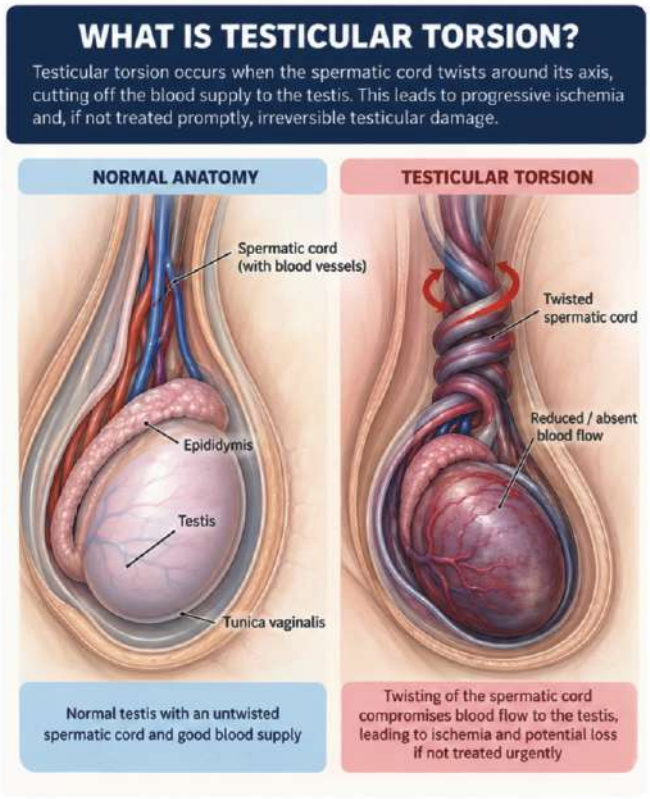
When the spermatic cord twists, the blood supply to the testis becomes compromised. The severity of damage depends on both the duration of torsion and the degree of twisting.

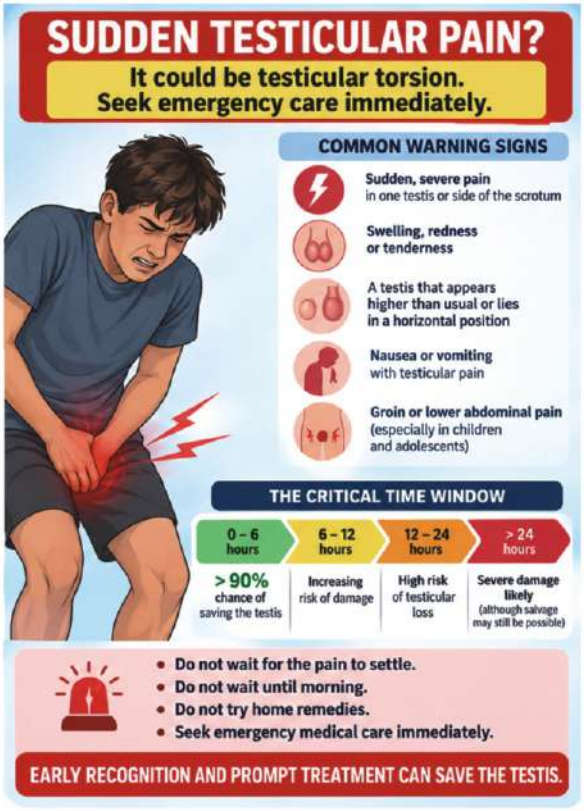
- **Within 4–6 hours:** The likelihood of testicular salvage is highest, often exceeding 90% with prompt treatment.
- **After 6–12 hours:** The risk of irreversible injury increases substantially.
- **After 12–24 hours:** The likelihood of testicular loss rises considerably.
- **Beyond 24 hours:** Severe ischaemic damage is increasingly likely, although salvage may still be possible.

These time intervals are approximate, not absolute cut-offs. No patient should be denied or discouraged from urgent treatment because of a delayed presentation.

Testicular loss can have physical and psychological consequences, including concerns about body image, fertility, and hormonal function. Although the remaining healthy testis often maintains adequate testosterone production and fertility, preserving the affected testis whenever viable remains an important goal.

Do not wait for the pain to settle. Do not wait until morning. Do not delay referral.





Diagnosis:

Clinical suspicion saves time

Testicular torsion is primarily a clinical diagnosis. Urgent history-taking and physical examination are essential, and colour Doppler ultrasonography can help assess testicular blood flow when the diagnosis is uncertain.

However, ultrasound is not infallible. Early, partial, or intermittent torsion may demonstrate preserved blood flow.

When torsion is strongly suspected, emergency surgical exploration must not be delayed for imaging. A reassuring or inconclusive scan must not override a high clinical suspicion.

Immediate management:
An emergency that requires surgery

The standard treatment is urgent surgical exploration and detorsion to restore blood flow.

During surgery, the urologist untwists the spermatic cord and assesses testicular viability. A viable testis is secured by orchidopexy to prevent recurrence. The opposite testis is generally fixed during the same operation because the underlying anatomical predisposition may be bilateral.

If the affected testis is irreversibly non-viable, orchiectomy may be necessary.

Manual detorsion may be attempted by an experienced clinician while preparing for surgery, but it is only a temporary measure and does not replace operative exploration and definitive fixation.

Even after a delayed presentation, immediate assessment remains essential.

Intermittent torsion: Do not ignore recurrent pain

Some patients experience repeated episodes of sudden testicular pain that resolve spontaneously. These episodes may indicate intermittent torsion, in which the testis twists and untwists.

Examination and Doppler ultrasound may be normal between episodes. Recurrent episodes warrant urgent urological assessment, and elective bilateral orchidopexy is generally recommended when the clinical history supports intermittent torsion.

Recognising these warning episodes may prevent a future episode of complete torsion and permanent testicular loss.

The role of public awareness

Testicular torsion is a condition in which awareness can directly influence outcomes. A parent who recognises the symptoms, a teacher who understands the urgency, or a healthcare professional who arranges prompt referral can help preserve a young person's future testicular health.

Open communication about genital symptoms is particularly important during adolescence. Children and young people should be encouraged to report testicular or lower abdominal pain without fear, shame, or delay.

Through its public-awareness video, UAK aims to improve recognition of this emergency and encourage timely access to appropriate medical care.

KEY MESSAGE

SUDDEN TESTICULAR PAIN? SEEK EMERGENCY MEDICAL CARE IMMEDIATELY.

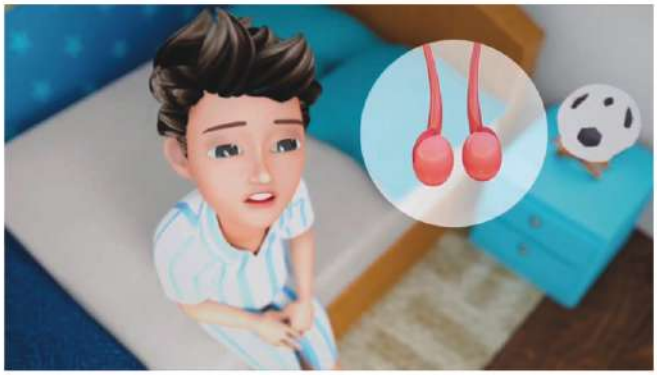
Recognise early. Refer without delay. Operate urgently when indicated. Save the testis.

An initiative of the Urology Association of Kerala (UAK) to promote public awareness of testicular torsion and the importance of early diagnosis and emergency management.

Compiled by Dr. Safna K









UPCOMING EVENTS

SZUSICON 2027
THRISSUR
August



UAKON 2027
KOTTAYAM
October



ASU
Prof HS Bhat Midterm Conference
Kozhikode
November



Thank you

for

Watching
News Letter

UROLOGICAL ASSOCIATION OF KERALA