

A Manual For Men, Health Practitioners and Students, and Emergency Room Nurses The purpose of this book on male catheter insertion for prostate problems is to help with a quick solution to an emergency that many men can suddenly face: what to do if you cant urinate! It presents clear step by step instructions on how to do it oneself without pain and only discomfort if required or desired. It provides essential guidelines and tips in simple language that anyone can follow. And there are many important tips for practitioners to learn how to deal with more difficult situations of extreme difficulty of blockage. Prostate blockages create their own challenges. The prostate is enlarged or inflamed and very sensitive. This puts pressure on the part of the pee tubeâ€”known as the prostatic urethraâ€”that goes right through the prostate. If there is too much pressure, your pee tube will be squeezed closed so tight that not a drop can get through from your bladderâ€”no matter how desperately you gotta go! Thank goodness for the invention of the modern catheter! Without it, a very painful death could happen. Proper catheter technique, known as prostate catheterization, then becomes very important so that you can navigate your catheter through the tightly squeezed passageway created by your enlarged prostate. With the right catheter and technique, let me assure you that insertion is not painful. In fact, â€˜discomfortâ€™™ is a more appropriate way to describe itâ€”if itâ€™™s done properly. How To Do It Without Pain The intent of this guide is not to replace professional medical services but to give you all the hard-earned lessonsâ€”which I have gleaned over the years as I faced this painful problem myselfâ€”in case you need or want to do it yourself or you are in an emergency and someone has to do it for you. I am thankful to the insights and tips imparted to me by emergency health workers that make up part of the manual. It also contains some important tips and insights for frontline health practitioners and students and emergency room nurses. If you are one of these people, this book just may help you to succeed in some extreme cases or to make it less traumatic for your patient. You may find an invaluable tip or two throughout the book in addition to the advanced tips for professionals at the end of the book. A catheter with instructions should be part of every first aid kit, especially when in remote locations. Ronald M. Bazar, a Harvard MBA, walked away from emergency prostate surgery twice to use natural methods to heal his prostate instead. A decade of research and tens of thousands of dollars of self-experimentation are what have made him an expert in mens natural health in general and prostate health in particular. He has written 6 books on prostate issues.

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