

## Hematuria

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**"The cause of most cases of hematuria (blood in urine), just as the cause of bleeding from any organ system, may signify a serious urological condition. Once attended to, it can provide important clues in determining and treating its root cause. "**

**[Leonard J. Mondschein M.D.](#)**

**Dr Mondschein is an attending urologist at both North Shore University Hospital, Manhasset and St. Francis Hospital and Chief of Emergency Room Services at North Shore University Hospital, Manhasset. In addition to performing various in-office procedures including vasectomies, prostate biopsies, and cystoscopies, Dr. Mondschein has a special interest in the diagnosis and treatment of hematuria.**



Unfortunately, all too often patients—as well as their physicians—may ignore or take lightly the body's warning signs and symptoms. Hematuria, blood in the urine, is just such a warning that may signify a serious problem occurring in the urinary tract. There are two types of hematuria: gross hematuria as seen by the naked eye, which may appear as bright red, pink, brown or rust colored; and microscopic hematuria, where red blood cells are detected by laboratory tests or microscopic examination in clear urine.

Most occurrences of micro-hematuria are not serious in nature, however, its causes must be determined to exclude those causes of concern and consequence. With the advent of today's sophisticated diagnostic modalities, most causes of hematuria are determined by non-invasive techniques. Once the origin of the hematuria has been established, its treatment, if necessary, is decided upon.

Treatment options for the most common causes of hematuria vary as to the cause and severity of the problem. Urinary tract calculi or stones may, at times, be medically dissolved, non-surgically removed, or disintegrated with sound waves or laser. Urinary tract infections usually respond to antibiotic therapy. The enlarged and symptomatic prostate gland may require medical or surgical treatment. Most all cancer of the urinary tract can be treated with radical or minimally invasive surgery, medication, radiation, or a combination therapy.

The most important caveat of hematuria, whether gross or microscopic, whether occurring only once or recurrent, is that it must not be ignored.

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