*****CONSIDER BUYING SHARES *****TELL YOUR FRIENDS
***MAY BE USEFUL **LOOK IF YOU'VE GOT NOTHING TO DO
*BEST AVOIDED

SELECTED INTERNET VIEWINGS

Renal stones

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http://www.umm.edu/patiented/articles/what_procedures_treating_kidney_stones_000081_10.htm

Produced by the University of Maryland Medical Center, this site has been professionally constructed. Packed with useful information and statistics to justify most of the statements made, it is mostly text-based but has some pictorial representations to explain renal stone disease. On offer are general guidelines in the management of renal stones. It is a very precise website, as one would expect. Occasionally, it delves into greater detail, *i.e.* in explaining which treatment method is best to remove a particular type of stone, depending on its size, consistency and position. Like most sites, dietary and life-style advice is provided in an attempt to prevent recurrent renal stone disease.****

E-Radiography

<http://www.e-radiography.net/xray2000homepage.htm>

This site is run by a dedicated radiographer named Nicholas Oldnall, a senior superintendent at Gloucestershire Royal Hospital. Within the archives are thousands of X-ray images collected over the years. It has been well put together and there is something here for everybody. I am sure all the radiography and radiology students have this website on their favourites page. It shows common and rare images that cover most specialities, including urology, vascular, orthopaedics, general surgery and ENT. The urology section has over 100 images. These are a useful educational tool and a useful resource when delivering presentations. In addition, there is a section on interview tips and also brushing up your curriculum vitae.***

Bard Urology Site

http://www.bardurological.com/Patient/what_you_should_know.aspx?bunit10=3

Bard is responsible for producing equipment useful in endourology as well as in other disciplines such as vascular surgery. This is primarily a commercial site, which also contains a section on renal stone disease. This section is quite useful in explaining the overview of the disease and the treatment options available. The FAQ section is particularly useful.**

Hollywood Urology

<http://www.hollywoodurology.com/stones.html>

Although sceptical about the name of this website, it is a good site run by an American urologist. It explains treatment options very well, with the aid of some dubious diagrams. These give the site a dated look, although the actual written content more than makes up for the presentation. It covers renal stone disease particularly well. There is a section on the different types of stones, symptoms, treatments and also some advice on preventative measures.****

Urology Health

<http://www.urologyhealth.org/adult/index.cfm?cat=12&topic=132&x=14&y=11>

A 'no-thrills' site that covers the basics well. It is methodical and includes sections on various types of renal stones, symptoms and the various medical and surgical treatment options available. This site is suitable to recommend to patients who wish to read about their disease. Easy to understand, the content is correct and not controversial.**

American Urology Corp

<http://www.wramc.amedd.army.mil/deparments/surgery/urology/urs.htm>

This US military website has been included as it understands the importance of preventative strategies in avoiding renal stone disease. It suggests that drinking 8–10 8-oz glasses of fluid a day is useful in countering the formation of renal stones. However, it does not explain where it obtained this figure – a few gaps in explanation are the prerogative of the US Army. The best features of the website are the diagrammatic representations and explanations of procedures such as ESWL, PCNL, stenting, ureteroscopy and cystolithopaxy. This section is accurate and informative to both patients and clinicians.***

Stenosing tenosynovitis (trigger finger and trigger thumb)

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Trigger finger (or thumb) arises either from thickening of the flexor tendon sheath (which occurs following tenosynovitis of infective, traumatic or rheumatological origin) or from nodular thickening of the flexor tendon itself which may be congenital. In either case, smooth passage of the tendons through their sheaths is compromised, causing symptoms of delayed and sometimes painful extension of the digit (commonly the middle finger), perhaps accompanied by a cracking sound. Patients commonly report having to straighten the finger physically, which otherwise remains locked in the flexed position. It is associated with several systemic conditions including diabetes and rheumatoid arthritis, but is also related to repetitive strain injuries. When seen in industrialised countries whose populace spend many hours a week playing video games and using mobile phones to send text messages it has been dubbed 'texting tendonitis', to which we might add 'Game-Boy thumb'! The prevalence of this condition may rise with increasing use of mobile phones and games' consoles. Below, we review web sites currently available as learning resources for clinicians and patients.