

SLA, American, 60 years old.

For the last 15 years my urination had become increasingly slow and I suffered periodic UTIs. For my work, I live mainly in developing countries, most recently in Myanmar which makes it difficult to receive adequate medical treatment. In late 2022, it was confirmed that I have a urethral stricture for which I underwent surgery in Bangkok in early 2023 to cut/remove the stricture. This worked effectively, at least initially. However, after 3 months, urine flow again slowed and I developed a major infection that required urgent medical attention. In June 2024 Bangkok the doctor confirmed the stricture had unfortunately grown back and expanded and required immediate intervention. I had to undergo emergency surgery to put a suprapubic catheter directly into the bladder to allow urinary drainage.

This was a stopgap measure. To address my condition longer term, the doctor in Bangkok recommended urethroplasty. However finding the right surgeon and hospital to do this was not easy. I looked at possible options in South East Asia, USA and UK. Thanks to my wife's research, we learned about Dr. Akio Horiguchi and read some positive patient reviews. I managed to secure an appointment Dr. Horiguchi in August 2023. I was immediately impressed by his professionalism and expertise in this specialized field and following his testing and diagnosis, asked if he could perform the surgery. He agreed but was fully booked until late January 2024. Although I was initially reluctant to continue living and working with a urinary catheter in Myanmar for such an extended period, I agreed to wait.

This was the right decision. I successfully underwent urethroplasty surgery with Dr. Horiguchi at the National Defence Medical College in Tokorozawa in late January 2024 and remained in hospital for approximately one week following the surgery. During this time, I had excellent nursing care and instruction and was surprised at how quick I was able to recover and resume normal life afterwards. Almost one full year has elapsed since this surgery was performed and I am pleased to note I have regular urination and have not had UTIs. Moreover, I can jog, swim and travel as I used to do, which is very important from a quality of life perspective. I remain very

grateful to Dr. Horiguchi for his care and expertise, and to the National Defence Medical College at Tokorozawa more generally.