

YOUrology News

Insights for **your** health from **your** team at The Urology Group



2000 Joseph E. Sanker Blvd. | Cincinnati, OH 45212 | 513.841.7400 | urologygroup.com

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NEARLY 400 PATIENTS HELPED BY CYBERKNIFE

In less than 18 months, CyberKnife has helped 390 patients battle prostate cancer while minimizing the toll on their quality of life.

CyberKnife, despite its name, works without making incisions, delivering high doses of radiation in pencil thin beams from a moving robotic arm. The Urology Group is the only provider in the nation using CyberKnife exclusively for prostate cancer, which means they offer *the* most expertise in treating this particular type of cancer.

Best of all for patients, CyberKnife minimizes the disruption to their daily lives. Treatments can be completed in just five outpatient sessions (as opposed to 40 or more for traditional radiation), allowing patients to resume their usual activities sooner rather than later.

Tom Clegg, a Cincinnati resident and prostate cancer patient, said, "For me, CyberKnife was the option that was least painful and had the fewest side effects." He returned to work as an executive at Cincinnati Children's Hospital the same day after his sessions.

CyberKnife is an attractive option, but it's not for everyone. It's just one of several treatments available for men with prostate cancer. The physicians at The Urology Group can help patients and their families determine the best course of action for treatment.

Learn more about CyberKnife as well as prostate cancer and other treatment options at urologygroup.com.

BREAKTHROUGH TREATMENT FOR KIDNEY STONES



Those who have suffered from kidney stones know: you want relief as soon as possible. With our new combination of lithotripsy and ultrasound equipment, patients can feel better faster.

Lithotripsy uses high-energy shock waves to break kidney stones into tiny pieces, making them small enough to pass through the urinary tract and out of the body. The Urology Group performs more of these procedures than any other location in the country.

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YOUR Health

5 TIPS FOR A HEALTHIER BLADDER

You don't give your bladder much thought – unless you're having trouble. Here are five tips to minimize the possibility of problems and maintain a healthier bladder.

1. **Drink plenty of water** – six to eight glasses a day, enough so you urinate every 3 to 4 hours.
2. **Exercise** – regular activity is good for overall health and fights obesity, which can put added pressure on the bladder and make symptoms worse.
3. **Watch what you eat** – for some people, the bladder can be sensitive to certain foods, particularly acidic foods such as tomatoes and orange juice.
4. **Try pelvic floor exercises** – many people wrongly assume that Kegels are strictly for women, but men can benefit as well, using the exercises to reinforce pelvic muscles while tightening and strengthening the pelvic floor.
5. **Avoid tobacco** – numerous studies have linked tobacco use with bladder-related complications.

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Our experience tells us the more specific knowledge you have about the stone's location, the faster and more effectively you can treat it. For that reason, we've invested in new ultrasound technology to complement our lithotripsy procedure.

We're the only provider in the nation to offer ultrasound technology 'built in' to the lithotripsy equipment, which means:

- the type and location of kidney stones are more easily pinpointed;
- patient alignment with the equipment can be adjusted to better target stones and minimize the impact on surrounding tissue;
- physicians and technicians can better monitor the progress of the procedure.

As a result, the stone breakage rate improves and patients can begin feeling better faster. Lithotripsy plus ultrasound: a breakthrough treatment for breaking up kidney stones.

For more information about options for treating kidney stones, visit urologygroup.com.

Meet YOUrologists

GETTING TO KNOW OUR MEMBER PHYSICIANS



DR. BROOKE EDWARDS

Dr. Edwards joined The Urology Group last summer and sees patients in the Northern Kentucky office. She graduated from the Indiana University School of Medicine and completed her residency at Eastern Virginia Medical School in Norfolk. While an undergraduate, she was a four-year letter winner on the Hoosiers' track and field team, earning Academic All-Big Ten Conference honors for three years.



DR. DANIEL ROBERTSHAW

A Cincinnati native, Dr. Robertshaw works in the Hamilton office on Jessie's Way, having joined The Urology Group just over a year ago. He's a Miami University alumnus and graduated from the University of Cincinnati College of Medicine, earning a fellowship from Ohio State in robotic urologic surgery. Sports are almost always in season for him, as he plays soccer, golf, softball and sand volleyball at local venues.



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PROSTATE CANCER
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For YOUR Information

According to the American Cancer Society, prostate cancer diagnoses will nearly equal those of breast cancer this year, with more than 220,000 men affected.

**Yes, We
SCAN!**
CT scans for less

Compare & Consider:

- ✓ CT scans performed at The Urology Group can cost less – sometimes hundreds of dollars less – than at local hospitals.
- ✓ Our centrally located Norwood Campus, just off the Norwood Lateral, is an easy drive from nearly any place in the Tri-state.
- ✓ From registration to results, patients can get images faster and have the information they need to make informed decisions with their physicians.

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