

YOUrology News

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



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Summer 2015



LOCAL VETERANS RECOGNIZED AT V-E DAY COMMEMORATION

Four local World War II veterans traveled to Washington, D.C., for a national commemoration of the 70th anniversary of V-E (Victory in Europe) Day in May. The trip was sponsored by The Urology Group.

The four men – Noah Switzer, 89, of Taylor Mill, Ky.; Howard Requardt, 89, of Edgewood, Ky.; Walter Kraus, 94, of Ft. Mitchell, Ky., and Gerald Bentle, 90, of Milan, Ind. – participated in an

official ceremony and watched more than 50 vintage planes fly over the National Mall.

The Urology Group coordinated the trip as a gesture of respect and tribute to the many patients who are members of this age group - "The Greatest Generation" - and who served the country during WWII. Dr. Karl Braun, a physician with The Urology Group whose father was a WWII veteran, accompanied the men on the trip.

GETTING HELP FOR PELVIC PAIN



Many women tend to put up with problems like pelvic pain or an overactive bladder because they are too busy or assume those conditions are just part of life. But pain or uncontrollable urinary leakage can signal something serious in the pelvic region.

Nearly half of all women over age 40 experience some type of pelvic prolapse (or "dropped bladder") in their lifetimes. Pelvic prolapse is an uncomfortable, pulling sensation or an unusual mass that feels like the bladder is literally falling out.

The Urology Group specializes in these issues with three physicians certified in female pelvic medicine by the American Board of Urology.

Get additional details about symptoms and treatment options at urologygroup.com.



YOUR Health

4 TIPS FOR TAKING CARE OF YOUR KIDNEYS

Your kidneys provide critical functions for your overall health, but can be susceptible to infections, stones and other complications. Here are four ways to minimize the chances of problems.

1. **Drink plenty of water.** Stay hydrated to keep your kidneys functioning routinely and minimize the chances of kidney stones. Several glasses of water over the course of your day provide the fluids your body needs.
2. **Reduce sodium intake.** Too much sodium in the diet can raise your blood pressure, trigger kidney stones, and generally make your system work harder. Limit daily intake to 2,300 mg or less.
3. **Choose healthy foods.** Fresh fruits, fresh or frozen vegetables, whole grains and low-fat dairy foods comprise a healthy menu. A balanced diet that limits fats and animal proteins works best.
4. **Be more physically active and keep weight under control.** Multiple studies indicate the overall benefits of exercise. Being overweight puts additional stress and strain on your body, including your kidneys.

NEW CLINICAL TRIALS ANNOUNCED

The Urology Group actively participates in medical research through clinical trials for new drugs, devices and treatments. Patient enrollments recently opened for the following studies:

- Bladder cancer: for patients who have not responded to current treatment
- Kidney stones: for patients seeking alternative ways to prevent stone formation

Call the Research Department at 513-841-7550 for additional information on these trials.

TOP CHOICE FOR CANCER CARE

If you're dealing with a cancer diagnosis, knowing you have local access to quality care can give you comfort and confidence in your treatment journey.

At The Urology Group, our physicians treat prostate, kidney, bladder and testicular cancers using the most advanced procedures available. We have invested millions of dollars in equipment, facilities and staff to make The Urology Group the regional leader and a top choice for cancer care.

Confront cancer with the best options available – find out more at urologygroup.com.



Meet YOUrologists

GETTING TO KNOW OUR MEMBER PHYSICIANS



DR. MATTHEW R. FULTON

Dr. Fulton, the newest physician addition to The Urology Group begins seeing patients in August. He will practice primarily in the Cincinnati West office on Mercy Health Boulevard off of North Bend Road.

He has local roots, earning his undergraduate degree from Miami University and his medical degree from the University of Cincinnati College of Medicine. In addition to enjoying a variety of outdoor activities, he's a Reds and Buckeyes fan.

NEW OPTIONS FOR MANAGING PAIN

Pain directly impacts your quality of life, and chronic pain can be an outcome of certain urologic conditions.

Now you have new options for care at The Urology Group with the Pain Management Clinic, which offers a variety of techniques for addressing chronic pain conditions.

Dr. Gururau Sudarshan and Dr. Atul Chandoke, pain specialists and board-certified anesthesiologists from Cincinnati Pain Management, will be available for consultation and treatment in the Clinic at The Urology Group's Norwood Campus.

The Pain Management Clinic will also provide physical therapy for relief from the pain of pelvic floor disorders. Kathleen Novicki, PT, PRPC, from The Center for Pelvic Floor and Core Rehabilitation, leads the physical therapy programs.

For more information about pain management care, visit urologygroup.com or ask your physician from The Urology Group for a referral.

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For more information: <http://urologygroup.com/cyberknife>

ZERO
PROSTATE CANCER
RUN/WALK

9/12/15

MARK YOUR CALENDER!



i For YOUR Information

The Urology Group performs more lithotripsy procedures (using shock waves to break up kidney stones) than any other location in the U.S. – nearly 2,000 treatments annually.

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GROUP**
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