

YOUrology News

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

More than 20 years serving patients

THEUROLOGY GROUP
Advanced Care. Improving Lives.

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Fall 2017

URINARY INCONTINENCE: DON'T LET IT LIMIT YOUR LIFE



When your ability to control your bladder is compromised, it can often result in embarrassing or stressful situations.

Urinary incontinence – involuntary urine leakage – is a problem that affects more than 12 million Americans. There are three common types of incontinence.

- **Stress incontinence** can be triggered by a simple cough, sneeze or sudden movement that puts pressure on the bladder.
- **Urge incontinence** is a sudden and urgent need to urinate, often resulting in patients not reaching the bathroom in time.
- **Overflow incontinence** develops when your bladder doesn't fully empty and urine leaks later.

If you shy away from activities you used to enjoy, maybe it's time to consider getting help.

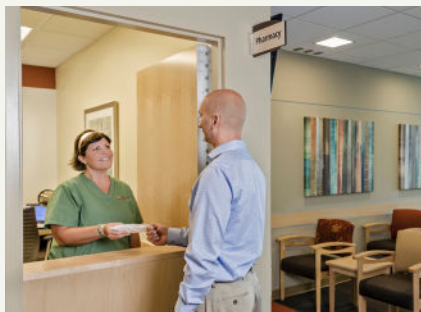
ON-SITE MEDICATION DISPENSARY OFFERS CONVENIENCE, PRIVACY AND LOW COST

Did you know The Urology Group's medication dispensary offers patients convenience and, in some cases, lower cost for certain prescriptions? This on-site service is available at both our Norwood, Ohio, and Crestview Hills, Kentucky, locations.

This service allows patients to immediately fill a prescription and avoid an extra trip to their neighborhood pharmacy. We provide patients with education in a private setting about urology-specific medications.

In some cases our staff can help patients with paperwork to get financial assistance for out-of-pocket expenses.

Only prescriptions written by a physician from The Urology Group can be filled. For many medications, after initial in-person pickup, patients can receive subsequent refills by mail.



While not all medications are offered, the dispensary currently offers the following:

- prostate cancer drugs like XTANDI® and ZYTIGA®
- BPH medications like Tamsulosin and Finasteride
- antibiotics like Cipro
- low-testosterone drugs like Clomiphene
- a generic erectile dysfunction drug called Sildenafil, which can be filled at a highly competitive rate of just \$1 per pill

Visit our website for hours of operation.



YOUR Health

Clinical Trials Offer Promising Treatments

New drugs, devices and treatments are continually being developed to improve healthcare. However, before drugs are publicly available, the U.S. Food and Drug Administration (FDA) must approve them.

The Urology Group participates in clinical research trials to collect data needed for FDA approval.

As a patient, you may qualify to participate in a clinical trial. Study participants may have the opportunity to try investigational medications available only through the study. There is typically no charge for

study-related care, which can include a physical exam, lab services and study medication. Many trials offer financial compensation. Participation is always voluntary and you may withdraw at any time.

We currently have several trials underway for patients with prostate cancer. One such trial evaluates patients with advanced cancer who are not responding to other treatments.

To learn more about this study or any clinical trial at The Urology Group, call (513) 841-7550.

Better. For You.

System upgrades to improve information access

From time to time, we upgrade our systems so we can stay current with technology and provide better care.

Two such upgrades will take place this fall. In mid-October we will upgrade our patient billing system and in mid-November our patient health information system.



The changes will ultimately improve our ability to care for you.

While these upgrades may cause temporary delays on our phone lines when scheduling appointments or during office visits this fall, keep in mind the changes will ultimately improve our ability to care for you.

Our new health information system will give you the ability to update your own history and medication list, increasing data accuracy when our physicians treat you. It will also be cloud-based, making it adaptable for the changing demands of healthcare in the future.

Thank you in advance for your patience and understanding as we make things better, for you.

Meet YOUrologists

GETTING TO KNOW OUR MEMBER PHYSICIANS



DR. STEPHEN KAPPA

The Urology Group welcomed its newest physician, Dr. Stephen Kappa, in August. Dr. Kappa will see patients at The Urology Group's Hamilton/Fairfield office.

Dr. Kappa completed his residency in urologic surgery at Vanderbilt University Medical Center in Nashville, Tennessee. He graduated from the Vanderbilt University School of Medicine and completed an internship in general surgery. He simultaneously earned his Masters in Business Administration (MBA) with Health Care Specialization from Vanderbilt. He received his undergraduate degree from Yale University, graduating with distinction in Political Science.

Dr. Kappa has been active in the communities in which he lives and plans to continue doing so in Cincinnati. He is a native of Kingsport, Tennessee, but has now made a home in Wyoming with his wife, Ariel, a nurse practitioner, and their one-year-old son.

Overactive Bladder: Curbing the Urge to Go



Many patients view overactive bladder (OAB) as the same as urinary incontinence because both result in more frequent restroom trips. However, the conditions are different.

With OAB patients don't necessarily "leak" urine. Instead, they experience:

- A frequent and immediate need to urinate
- Going to the bathroom two or more times at night
- Accidents resulting from the inability to reach the bathroom in time

The good news is that there is a range of OAB treatments, depending on severity and cause. Some patients find relief with medication or nerve stimulation therapy. Others require more advanced treatments such as Botox injections in the bladder or the implantation of a tiny pacemaker-like device in the lower back to calm nerves that control bladder function.

Our patient navigators periodically check in with patients to make sure their current treatment plan is working. If it's not, they will work with the physician and patient to find other treatment options.



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