YOURology News

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

The Urology Group
Advanced Care. Improving Lives.

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Robotic Surgery: A High Tech Alternative

Advanced medical technology provides the tools to transform lives. The Urology Group believes in the power of technology, and robotic surgery represents the ability to significantly benefit patients.

Physicians from The Urology Group use robotic surgery to treat cancer of the prostate, bladder and kidneys, as well as pelvic floor prolapse for women.

Robotic surgery requires very small incisions to accommodate surgical instruments and tiny video cameras. A specially trained surgeon controls the robotic arms, which mimic the natural movements of the surgeon's hands and fingers for an extremely high degree of accuracy.

Robotic surgery's enhanced precision and minimal incisions reduce the amount of damage done to the skin and tissue. Because the procedure is less invasive, patients experience:

- Faster recovery time
- Less pain and discomfort
- Reduced risk of infection
- Minimal scarring

Among medical specialties, urology embraced the possibilities of robotic surgery very early and as a result, remains on the leading edge of technology. Physicians at The Urology Group have performed hundreds of robotic procedures and have developed a reputation as national leaders.

With the benefits it brings to patients, robotic surgery will continue to become more prevalent. And with the expertise The Urology Group has built, patients can have confidence and peace of mind throughout their treatment journeys.

Prostate Cancer Race Now Second Largest in the U.S.

Cincinnati's ZERO Prostate Cancer Race, hosted by The Urology Group, has grown to become second largest event of its kind in the country. On September 12, more than 1,500 participants converged at the Norwood Campus to run, walk, talk – and defeat prostate cancer.

Prior to the start of the race, rising country star Jimmy Charles performed his song, "Superman," which he wrote in tribute to prostate

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YOUR Health

Seven Questions about Prostate Cancer

National statistics illustrate the prevalence of prostate cancer: one in seven men will be diagnosed in his lifetime; more than 25,000 men die annually from the disease.

The first, most important step is for men to have a discussion with their urologists. To start the conversation, here are seven questions to ask about prostate cancer:

1. "Is my family history important? What hereditary factors are significant?"
2. "Does race matter? Are certain population segments more at risk than others?"
3. "I heard on the news that prostate cancer tests might not be necessary. Do I even need to take a PSA (prostate specific antigen) test?"
4. "What other tests, if any, are available?"
5. "I've heard you can live with prostate cancer. If I have it, do I need to be treated?"
6. "What about diet? Are there any foods to absolutely eat or absolutely avoid eating?"
7. "I hear about progress in the field of genetics. Are genetic advancements helping in the treatment of prostate cancer?"

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cancer survivors. A former American Idol finalist, Charles recorded an accompanying music video that launched on CMT (Country Music Television) earlier this year.

FOX19 Morning News anchor Rob Williams hosted the annual prostate cancer survivors breakfast. The event welcomed cancer survivors and their caregivers from across the region, saluting their strength and courage during their cancer fight.

This year's race contributed more than $100,000 to ZERO, the national non-profit organization dedicated to ending prostate cancer – and inspired countless smiles among those who participated.

Meet YOURologists

Getting to Know our Member Physicians

Although a urologist may be perceived as a "man's doctor," in fact women are more likely than men to experience conditions such as incontinence, overactive bladder, interstitial cystitis and urinary tract infections.

To specifically meet the needs of female patients, The Urology Group has three physicians specially certified in Female Pelvic Medicine & Reconstructive Surgery by the American Board of Urology. These physicians have a significant depth of knowledge and understanding about issues related to female urology. Our physicians certified in this specialty, from left to right: Dr. Philip Buffington, Dr. Rebecca Roedersheimer, Dr. Brian Shay.

Patients Needed for Clinical Research

The Urology Group works with leading pharmaceutical, biotech and medical device companies to conduct clinical research with qualified patients. Through this research, new understanding and treatments develop that will help patients in the future. We are currently seeking patients with the following conditions:

- Bladder cancer: for patients who have not responded to current treatment
- Kidney stones: for patients seeking alternative ways to prevent stone formation
- Prostate cancer: multiple studies for men at varying stages
- Overactive bladder/incontinence: for patients seeking options to current treatment

Call the Research Department at 513-841-7550 for additional information on these trials, or to see if you qualify.

GOVEMBER

Grow Your Mo!

Mark YOUR Calendar!

"Movember" provides the opportunity to change the face of prostate cancer. To raise awareness and support men's health issues, men around the world will grow moustaches and facial hair over the course of the month. The Urology Group supports local efforts through kick off and shave off events. Patients, family, friends and neighbors are welcome.

Indian Mound Café
Montgomery Road | Norwood
Monday, 11/2, 6:00 p.m Movember Kick-Off
Monday, 11/30, 6:00 p.m. Public Shave-Off

For YOUR Information

The Urology Group performs about 15,000 procedures each year in its urological outpatient surgery center – the highest volume urology-only surgery center in the country.

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Enquirer Media Top Work Places 2014 2015
Greater Cincinnati's Best Places to Work Finalist
Healthiest Employers of Greater Cincinnati