

# YOUrology News

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



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## THE UROLOGY GROUP AWARDED “CENTER OF EXCELLENCE” FOR INCONTINENCE TREATMENT



Incontinence can have serious and long-term health implications. This is why the physicians at The Urology Group are dedicated to bladder and bowel health care – enough to have been designated a Center of Excellence by the National Association For Continence (NAFC), a leading source in public education and advocacy.

More than 25 million Americans cope with weakened bladder or bowel control, which can manifest in overactive bladder, pelvic floor dysfunction and urinary retention. But incontinence can signal more critical long-term health issues, including urinary tract infections, openings in the urinary tract, neurological disorders and an enlarged prostate for men.

The NAFC's designation is based on training, clinical experience, facility resources and patient satisfaction. “The Urology Group is possibly the finest example of quality care in the field of urology conditions in the U.S.,” Steven Gregg, executive director at the NAFC, said in a statement.

## THE GENTLEMEN STAKES 5K IS ROUNDING THE CORNER

Start stretching those hamstrings. Our 12th annual prostate cancer run to benefit ZERO – The End of Prostate Cancer, is Saturday, September 14. Mark your calendar!

The Gentlemen Stakes 5K will return to Belterra Park Cincinnati racetrack, giving runners and walkers the unique chance to run on the same track as horses! There also will be a Kids' Superhero Trot, a pre-race Survivors' Breakfast and other activities. And, new this year, we are adding a one-mile Family Fun Walk to the event.

Prostate cancer awareness is crucial to improving survival rates. In 2019, nearly 175,000 men are expected to be diagnosed, but when caught early, the five-year survival rate is 99%.

In 2019, we aim to attract 1,000 and raise \$125,000. **Register today: [UrologyGroup.com/gentlemen-stakes/](http://UrologyGroup.com/gentlemen-stakes/).**

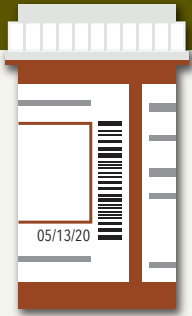


## SURVIVING KIDNEY CANCER: WHAT TO KNOW

March is Kidney Cancer Awareness Month, a time to recognize the organ that purifies our blood and bodies. Here are some fast facts:

- Kidney cancer is among the 10 most common cancers, expected to develop in 74,000 people in 2019, the American Cancer Society estimates.
- Men account for 60% of all cases – one in 48 have a lifetime risk of developing the disease.
- Caught early, kidney cancer has a 93% five-year survival rate.

High risk factors include tobacco smoke, obesity and exposure to certain chemicals. If you experience blood in the urine and pain in the lower side of the back, call your physician. It doesn't mean you have kidney cancer but it's certainly worth investigating.



## ON-SITE PHARMACY OFFERS EASE AND DISCRETION, GETTING YOU HOME FASTER

We know the hour after surgery can be stressful. The patient wants to get home comfortably, which can be taxing on those responsible for a safe return. To ensure ease and continuity during that delicate post-procedure transition, we have added an on-site pharmacy.

Opened for patients at our Norwood outpatient surgical center, the pharmacy enables family members to seamlessly pick up meds while their loved ones are in recovery, removing the wait for prescription fulfillment. Our pharmacy offers standard medications such as antibiotics and blood pressure medications, as well as ones that are not readily available at commercial pharmacies, such as certain prostate cancer medicines.

As a bonus, our Norwood pharmacy fills prescriptions written by physicians within and outside The Urology Group. Refills can be placed online and, in some cases, the medication can be mailed. And we offer some prescriptions at lower costs than at commercial pharmacies, including many for erectile dysfunction.

Most important, the on-site pharmacy assures complete, intimate care in a private setting. Our pharmacy workers can review patient charts on the spot, without making phone calls, and consult our physicians when needed. The pharmacy provides discretion for discussing sensitive medical conditions.



## REDUCING THE INVASIVENESS OF ENLARGED PROSTATE: 2 TREATMENT OPTIONS

It's a fact: If you're a man living long, then your prostate is likely to be living large.

Men older than 50 have a 50% chance of developing enlarged prostates, and those chances increase with age. Untreated, enlarged prostate, or benign prostatic hyperplasia (BPH), could lead to urinary tract infections, kidney or bladder stones and/or kidney or bladder damage. Yet 61% of men postpone care due to concerns about sexual side effects or urinary incontinence.

For this reason, The Urology Group offers two of the most effective non-invasive treatments for BPH, each with minimal side effects:

### GreenLight™ Laser Therapy

During this out-patient procedure, the doctor uses a laser to vaporize excess prostate tissue, opening the channel in the urethra through which urine passes to restore the natural flow. Bladder catheters are occasionally required, though for most patients they are removed within 24 hours. Typical patients return home from the procedure within just a few hours.

### UroLift® System

In this procedure, tiny implants are inserted to permanently hold open the prostate lobes, similar to the way curtain tie-backs work. UroLift does not require tissue removal, so patients usually experience fast recovery with minimal side effects.

The physicians at The Urology Group are well practiced at both procedures. To learn more, please give us a call or visit our website.



## DON'T BE APRIL FOOLED: 3 HONEST HEALTH TIPS

This spring, get moving! For average healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

1

### MODERATE AEROBIC ACTIVITY

Get at least 150 minutes of moderate aerobic activity each week. As a rule of thumb, aim for at least 20-30 minutes of moderate physical activity every day (try taking a brisk walk, swimming or mowing the lawn).

2

### STRENGTH TRAINING

Adults should also do muscle-strengthening activities that involve all major muscle groups on two or more days a week.

3

### REDUCE SITTING TIME

The more hours you sit each day, the higher your risk of metabolic problems, which can impact your health and longevity. If you sit at a desk most days, aim to get up once an hour and take a short walk.



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