

# YOUrology News

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



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## PARTNERS IN CANCER PREVENTION

Each year, the American Cancer Society recognizes March as National Cancer Prevention Month, emphasizing the importance of regular check ups and screenings.

The bottom line: the earlier it's detected, the better the chances for a positive outcome.

As a regional leader in cancer care, The Urology Group monitors developments in cancers related to the prostate, kidneys, bladder and other less common areas such as the testicles. In addition to keeping up-to-date on the latest research and technology, we track healthcare trends to keep patients informed and educated.

For example, over the past few years, a troubling trend has been a reduction in prostate cancer screenings by those most at risk. Conflicting reports regarding PSA (prostate-specific antigen) tests have generated confusion for many patients. As a result, far fewer men are getting screened: the overall rate has dropped 50% since 2011, with the largest decline in men aged 50-70 – the group most likely to benefit from testing.

The Urology Group aligns with national and international expert organizations, including the American Urological Association, regarding PSA testing guidelines in affirming that it plays a significant role in prostate cancer detection. Depending on risk factors, men should be screened regularly starting at age 50.

For most types of cancer, routine exams and blood tests can detect the earliest stages. So to help prevent cancer, patients should start by seeing their physicians and discussing their risk factors.

Should you be at risk for a cancer diagnosis, The Urology Group will work as your partner to provide comprehensive care, including prevention, early detection and appropriate treatment. We join with families, friends and the community to encourage patients to take preventive steps.

## FINDING SOLUTIONS THROUGH PHYSICAL THERAPY



Patients of The Urology Group have access to a broad range of treatment options to address their conditions and symptoms, in consultation with their urologists.

One solution may be physical therapy. The Urology Group works with Kathleen Novicki, PT, PRPC, and the therapists at The Center for Pelvic Floor and Core Rehabilitation to offer individualized treatment programs.

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## YOUR Health

### DON'T BE EMBARRASSED – TALK WITH YOUR DOC

Sometimes the embarrassment of sharing the not-so-pretty details about health issues, especially urological problems, keeps patients quiet.

Not mentioning embarrassing conditions makes it difficult for physicians to offer effective assessments, and it could put your life at risk. Some symptoms can be signs of serious health issues such as interstitial cystitis, a urinary tract infection or cancer.

How should you handle these potentially awkward situations?

1. Communicate honestly and directly with your physician. You may find your condition embarrassing but your physician has likely dealt with it before. And now you have the reassurance of knowing you're not alone.
2. Write down your symptoms. The Urology Group's website offers a downloadable bladder diary. This can help urologists understand the severity of the problem, and help patients provide more detailed reports about their symptoms in advance of their appointments.
3. Do some research. A few minutes searching The Urology Group's website can help you identify and describe your symptoms better. While not intended to be a diagnosis, some additional information can help frame and clarify your issues when you speak with your urologist.

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Physical therapy can provide relief from pelvic floor pain as well as treat conditions such as interstitial cystitis, prostatitis and injuries or trauma to the pelvic region.

Therapeutic regimens can also address issues such as female and male incontinence and erectile dysfunction.

Treatments may use techniques including:

- Biofeedback
- Exercise
- Manual therapy
- Behavioral training
- Ultrasound
- TENS (transcutaneous electrical nerve stimulation)

Patients can learn specific exercises to stretch and strengthen certain muscle groups, which help improve posture, stride and muscle tone.

Incontinence, pelvic pain and related disorders may be fairly common conditions, but they should not be ignored. Left untreated, these issues can lead to additional bladder, bowel and sexual problems.

Be sure to discuss these situations with your urologist to determine if physical therapy may be the solution.



## Making The Media

Physicians from The Urology Group often provide the media with insight and expert commentary on medical topics. Recently, Dr. Kevin Campbell was featured on WKRC-TV/Local 12 and in *Parents* magazine. To see national and local news coverage featuring our physicians, visit the "In The News" section of our website.

# Meet YOUrologists

## GETTING TO KNOW OUR MEMBER PHYSICIANS



### DR. HARI KOTHEGAL

Dr. Kothegal joined The Urology Group in January 2016 and has more than 30 years of experience in practicing urology and related surgical procedures in greater Cincinnati and northern Kentucky. He specializes in male and female incontinence, kidney stones and laser surgery for the prostate.

He is a Fellow of the American College of Surgeons (FACS) and serves on the teaching staff at Good Samaritan Hospital. Dr. Kothegal sees patients at The Urology Group's Aicholtz Road location on the East side.



## CELEBRATING OUR 20TH ANNIVERSARY

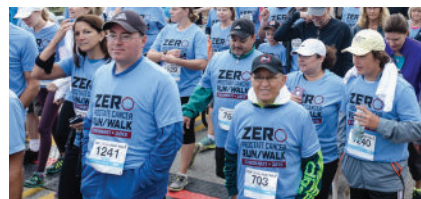
In 1996, the founding physicians of The Urology Group decided to begin a new endeavor. After 20 years, we remain one of the largest specialty healthcare groups in the region and the premier resource for treating conditions involving the bladder, kidneys, prostate and urinary tract. We would like to extend a special thanks to our patients who have entrusted us with their care as well as our dedicated employees who made this 20th anniversary celebration possible.

## i For YOUR Information

The Urology Group's locations provide a broad geographic reach, covering nearly 2,800 square miles across the region: from Lawrenceburg, Ind., to western Clermont County, and from Williamstown, Ky., north to Middletown.

## MARK YOUR CALENDAR

The 2016 ZERO Prostate Cancer Race will be Saturday, October 15. Come celebrate the 10th anniversary of the Race with us!



## PRANK CALLS FROM YOUR BLADDER?

Get on the 'do not call' list by curbing your overactive bladder. Call us today.

