

YOUrology News

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

More than 20 years serving patients

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FINDING FULFILLMENT BEYOND THE BLUE PILL



More than 20 million men in the U.S. experience erectile dysfunction, whether a result of age, an injury or the after-effects of prostate cancer treatment.

Some men get help with prescription pills; however, many feel that "the blue pill" takes away a bit of spontaneity. Still, others who experience chronic erectile dysfunction simply find medication ineffective.

Unfortunately, too many men give up at this stage and forego the type of intimate relationships they used to have. In such cases, a surgically implanted penile prosthesis can provide a natural-feeling erection that does not require pills or planning.

Penile implantation is a common procedure that has been practiced and improved upon for years. There are two types:

- **Malleable:** This device consists of two bendable rods, placed inside the penis, that produce a consistent, semi-rigid feel. The man just moves his penis into the erect position to engage in sex.
- **Inflatable:** This system is custom-fit and relies on a small, implanted pump that delivers a natural-looking and -performing erection. Like the malleable insert, it is not visible and therefore not noticeable to a partner, but it does offer more control.

Importantly, men can enjoy a natural climax with either device. Learning whether it is the right treatment, however, starts by talking with a urologist.

BOTOX FOR OVERACTIVE BLADDER: RELAXING TREATMENT FOR A COMMON CONCERN

We often think of Botox as a cosmetic procedure, but it also can treat a common internal condition that could lead to wrinkled brows – overactive bladder. Because the drug relaxes muscles, Botox has proven effective in treating OAB and other urinary issues, including incontinence.

The process is fairly non-invasive. The physician injects Botox into the bladder muscle using a tiny camera, inserted through the urethra, as a guide. This procedure is called a cystoscopy. Here's how Botox works:

- Once applied, the drug calms the muscle so the bladder can store more urine.
- At the same time, the bladder maintains enough control to be emptied voluntarily.
- This results in fewer trips to the bathroom and reduced leakage.

Botox applications typically last about nine months. Longer-lasting treatments include sacral nerve stimulation, or InterStim therapy, in which a small pacemaker-like device is implanted near the tailbone to stimulate the nerves that control bladder function.

A physician can help determine the best treatment for a relieving outcome.



YOUR Health



A Perfect Shot to Stay Home

If you're considering having a vasectomy, March is the perfect time to schedule it. Many men schedule their procedure the week of the games, then relax at home while getting their basketball fix.

To schedule an appointment, call (513) 841-7400.



PROSTATE CANCER RUN/WALK RETURNS AS THE GENTLEMEN STAKES

The Urology Group is bringing back its ZERO 5K Prostate Cancer Run/Walk to a new location with a new name.

The Gentlemen Stakes 5K for Prostate Cancer will kick off Saturday, September 22 on the racetrack at Belterra Park Gaming. Participants will then wind through park grounds before finishing with an after-party back at the track.

Proceeds will benefit ZERO, the nation's foremost nonprofit dedicated to ending prostate cancer, the second-leading cause of cancer death among men.

Belterra offers many benefits, including space for additional runners. Previous ZERO 5K Run/Walks attracted about 1,200 participants to The Urology Group's campus in Norwood. "With our new expanded venue, we expect to draw more than 2,000 walkers and runners," said Earl Walz, CEO of The Urology Group.

Details about The Gentlemen Stakes 5K for Prostate Cancer:

When: Saturday, September 22, 2018

Where: Belterra Park, 6301 Kellogg Rd., just 10 minutes from downtown Cincinnati.

Parking: Belterra will provide free parking as well as grandstand seating for race attendees.

Register: Register for this family-friendly event at UrologyGroup.com.

Meet YOUrologists

GETTING TO KNOW OUR MEMBER PHYSICIANS



DR. INAYAT MALIK

Dr. Inayat Malik believes his duty as a caregiver involves both medical and social responsibility. So for decades he has supported the religious needs of the local Muslim community.

Dr. Malik oversaw the creation of the Islamic Center of Greater Cincinnati. In November, the Center, through Dr. Malik and his wife, donated \$1 million to the University of Cincinnati to enhance understanding of the Islamic religion. These deeds earned Dr. Malik The Urology Group's 2017 Physician Citizen of the Year Award.

At The Urology Group, he specializes in the treatment of kidney stones. This includes lithotripsy, the use of ultrasound shock waves to dissolve kidney stones into small particles.

Dr. Malik received surgical training at Saint Alexis Hospital in Cleveland, Ohio, and urology training at the University of Cincinnati Medical Center. You can meet him at the Norwood office of The Urology Group, where he practices.

Are you a GE Retiree and a Korean War Veteran?



The Urology Group is partnering with General Electric on a special event marking the 65th anniversary of the Korean Armistice Agreement. We are currently gauging interest and the potential number of attendees.

This event will be held on Friday, July 27, and will include speakers and a luncheon.

If you are a Korean War veteran, a patient of The Urology Group AND a GE retiree and are interested in learning more, please send the following information to Robin Brink at RBrink@UrologyGroup.com and we will provide details as they develop.

- Your name
- Branch of service
- Years served in the military
- When you retired from GE

Because we are partnering with GE, we are giving first priority to Korean War veterans who are both GE retirees and patients of The Urology Group; however, if you are not a GE retiree but are interested in this event, you're welcome to reply as well.

The physicians and staff at The Urology Group are grateful to ALL veterans for their service.



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