

# YOUrology News

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

More than 20 years serving patients



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Special Edition – April 2017

## OVERCOMING INTIMACY ISSUES FOR BOTH MEN AND WOMEN

Men and women both experience physical changes as they age and sometimes those changes result in problems with intimacy. These deeply personal issues can often be difficult to discuss. However, The Urology Group works with patients every day to develop treatment plans and begin finding solutions.

This special edition of YOUrology News features some of the treatments available to overcome those issues and enhance intimacy.

## RELIEVING VAGINAL DRYNESS WITH MONALISA TOUCH®



Women discuss a lot of health issues with each other, but one that might feel a little more sensitive is the topic of vaginal changes, especially dryness.

However, vaginal atrophy is a common issue for post-menopausal women. Because of a decline in estrogen levels, about half of women in this stage of life experience symptoms like:

- Pain during intercourse
- Vaginal dryness and itching
- Burning during urination
- Frequent urinary tract infections

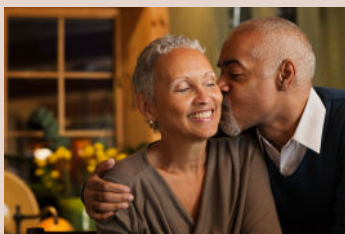
MonaLisa Touch

Women don't need to simply accept this as part of life, as MonaLisa Touch provides an advanced option to relieve those symptoms. With MonaLisa Touch, the urologist uses laser technology to deliver controlled energy that stimulates the production of collagen in the vaginal canal. Following the procedure, moisture levels increase and ease many of the symptoms.

Treatment consists of three sessions, each lasting less than five minutes. MonaLisa Touch can be performed in-office, requires no anesthesia and allows patients quick recovery.

Get back to enjoying this new chapter in life by talking with your urologist about treatment.

## ERECTILE DYSFUNCTION TREATMENT OPTIONS



The most commonly discussed condition that affects intimacy is erectile dysfunction (ED). ED can stem from many causes, including high blood pressure, diabetes, neurologic disorders or other issues resulting from the aging process.

After evaluating the patient's condition and contributing health factors, the urologist may recommend treatment options such as:

- **Medication:** pharmaceuticals that enhance blood flow
- **Intra-urethral therapy:** medicated pellets inserted into the urethra

- **Intracavernosal injection therapy:** direct injections that increase blood flow into the penis
- **Vacuum/constrictive devices:** a vacuum device that draws blood into the penis; along with a rubber ring at the base, it can help maintain the erection
- **Psychotherapy and behavioral therapy:** consultation around psychosocial issues, such as performance anxiety or depression

Know you're not alone in struggling with ED; help is available.

# PENILE PROSTHETIC IMPLANTS



Some men who experience chronic erectile dysfunction or who have been diagnosed with Peyronie's disease may benefit from a surgical penile prosthetic implant.

There are two common types of implants: malleable and inflatable.

- **Malleable implant:** Surgically installed, this implant consists of two malleable (bendable) rods. With it, a man merely lifts or adjusts the penis into the erect position to initiate sex. While it is the simplest implant, it does mean the penis is always semi-rigid, which some men don't prefer
- **Inflatable implant:** This custom-fit medical device is surgically placed into the penis to produce a natural-looking and natural-feeling erection. The inflatable prosthesis is effective and generally not noticeable to the other partner.

Last month a world-renowned physician, Dr. Steven K. Wilson, met with The Urology Group's Dr. Kevin Campbell to discuss the latest advancements in this surgery. Several physicians on The Urology Group's staff in addition to Dr. Campbell are highly skilled in this surgical area.

## Community Sexual Health Lecture

The Cincinnati Sexual Health Consortium Presents the Catherine Geering Community Sexual Health Lecture.



The Urology Group is co-hosting an evening of straight talk for men and women about sex at midlife, featuring presentations from experts in sexual medicine and sexual health.

### Sexuality, Intimacy and Desire: What Women Want

Sheryl Kingsberg, Ph.D., is the chief of behavioral medicine at MacDonald Women's Hospital/University Hospitals Cleveland Medical Center and a professor in reproductive biology and psychiatry at Case Western Reserve University.

### Treatment for Male Sexual Dysfunction: So Many Options, So Little Time

Kevin Campbell, M.D., is a board-certified urologist specializing in sexual medicine. He is director of the Men's Sexual Health Clinic with The Urology Group in Cincinnati.



This is a free presentation with drinks and light hors d'oeuvres. Reservations are required.

Thursday, May 11, 2017 • 5:30-7:30 p.m.

Cincinnati Chamber of Commerce Conference Center • 3 E. Fourth St., Cincinnati, OH 45202

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LECTURE SERIES

For more information, visit the Education and Events page of our website: [www.urologygroup.com](http://www.urologygroup.com).

## CONDITIONS WE TREAT

The Urology Group helps patients across the spectrum of life. Whether you face sexual health issues or have other concerns involving the bladder or urinary tract, we're here to help.

- Kidney stones
- Bladder control
- Female urology
- Men's sexual health
- Cancer treatment for prostate, kidney, bladder and testis



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