

YOUrology News

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



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Fall 2016

ZERO PROSTATE CANCER RACE: AN ALL-STAR EVENT



The 10th Annual ZERO Prostate Cancer Race on October 15 was an all-star affair, with Cincinnati Reds Hall of Famer Ken Griffey, Sr., leading the festivities. Griffey, Sr., a prostate cancer survivor, acted as the official starter for the race, interacted with fans and rewarded the top fundraisers with a game of catch.



He and his son, Ken Griffey, Jr., serve as national spokesmen for "Men Who Speak Up," a campaign encouraging men with advanced prostate cancer to speak up about warning signs and break the silence around the disease. Griffey, Sr., a three-time Major League Baseball All-Star, won two World Series titles as a member of Cincinnati's legendary "Big Red Machine."

Nearly 1,500 people participated in the event, hosted by The Urology Group, with 10K and 5K race courses that wound through the streets of Norwood. The event raised nearly \$150,000 for ZERO Prostate Cancer, the national non-profit organization focused on research and building awareness of prostate cancer. Over the past 10 years, the Cincinnati event has grown to become the second largest of its kind in the nation.

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HEALTH NEWS WHILE YOU WAIT



Visitors to the offices of The Urology Group will notice a new resource in the waiting areas. Video screens provide information about a variety of health topics.

Many video segments feature the physicians of The Urology Group explaining specific conditions and their treatments. The new screens provide an additional opportunity to keep patients informed in a convenient format.



YOUR Health

DIAGNOSING URINARY TRACT INFECTIONS (UTIs)

Urinary tract infections, or UTIs, are one of the most common urological problems. An infection involving the kidneys, ureters, bladder or urethra, UTIs occur more frequently in women, but also can be a significant problem for men. Patients with UTIs often experience symptoms like:



- Painful, burning or more frequent urination
- A feeling of needing to urinate, but little coming out
- Cloudy, bad-smelling or bloody urine
- Mild fever or chills

To diagnose a UTI, a urologist will perform a detailed history and physical exam, which may include:

- **Urinalysis** – a urine sample taken on a treated chemical stick and examined under a microscope for the presence of bacteria
- **Urine culture** – a urine sample collected and sent to a lab for a more detailed analysis to determine what specific bacteria is causing the infection

Antibiotics typically treat the infection best, but to help avoid UTIs, patients can drink plenty of fluids. In addition to improving overall good health, this keeps the urinary tract active and dilutes the urine, preventing bacterial growth.

i For YOUR Information

Have a question related to urology? Get a quick answer at The Urology Group's website, which records more than 350,000 page visits annually. The site provides information about conditions and treatments, as well as physician and office information. Check it out via computer, tablet or smartphone at urologygroup.com.

THE UROLOGY GROUP MOVEMBER

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 facial hair over the course of the month. The Urology Group supports local efforts through these kick-off and shave-off events. Join us!

Kickoff Event:

Tuesday, November 1 at 6:00 pm.
Check The Urology Group's website for details.



If your bladder has a mind of its own, we can help. Contact us today.

Meet YOUrologists

GETTING TO KNOW OUR MEMBER PHYSICIANS



DR. KARL BRAUN

For his ongoing mission work and support for U.S. veterans, Dr. Braun was named the recipient of the 2016 Physician Citizen of the Year award from The Urology Group. Dr. Braun has performed mission work in Nicaragua and also served as the driving force behind an initiative to pay tribute to World War II veterans last year.

"One of our organization's primary values is giving back to our communities to improve lives," said Dr. Gary Kirsh, president of The Urology Group. "Dr. Braun exemplifies that through his efforts in both medical and non-medical roles, making a difference in the lives of many individuals. His generous support and commitment to serving others is an inspiration."

Dr. Braun, who has been practicing urology for more than 25 years, sees patients in the Blue Ash and Anderson offices.



DEFINING (AND DEALING WITH) OAB

According to national studies, about 33 million Americans suffer from overactive bladder, or OAB. OAB is not a disease, but rather a condition that includes a group of urinary symptoms.

The symptoms include:

- An uncontrollable need to urinate;
- Frequent urination during the day as well as at night;
- The leakage of urine when the patient can't reach the bathroom in time.

Patients can sometimes control OAB through dietary changes, such as cutting down on bladder irritants such as caffeinated drinks, citrus and spicy foods. Patients can also try performing pelvic floor exercises.

If the OAB symptoms seem more serious or fail to improve after initial efforts, treatment options can include medication or minimally invasive outpatient surgery.

Each patient's specific condition determines the appropriate treatment approach. Patients suffering from OAB should consult a urologist and provide specific details regarding their symptoms for the proper diagnosis and recommendation.



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