

# YOUrology News

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



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## DON'T PUT OFF YOUR HEALTH: CALL US FOR AN APPOINTMENT



The COVID-19 pandemic has forced all of us to adapt to a lot of uncertainty, but there is one thing we remain sure of: Maintaining good health is job No. 1.

The Urology Group is available to schedule appointments for tests, consultations, check-ups, and urologic procedures, so don't put off calling us - especially if you have ongoing health concerns. One of the best defenses against COVID-19, and pretty much any illness, is having a strong body to fight back.

Our physicians, nurses, and administrative staff are taking additional precautions every day to ensure your safety.

We recommend you schedule an appointment for any of the following:

- **Unusual urinary symptom.** Patients should not ignore any unusual urinary symptoms, such as urinating frequently, especially at night, or experiencing a burning sensation. These could indicate a serious health issue. There is help for conditions like overactive bladder, incontinence, and recurring urinary tract infections, so the earlier you're seen the more treatment options you have.
- **Annual prostate check.** Some research suggests that putting off a prostate-specific antigen (PSA) test has caused an increase in advanced prostate cancer cases. Men 50 and older (or younger if at higher risk) should have an annual prostate exam.
- **Surveillance cystoscopies.** The American Urological Association recommends those who have a history of bladder cancer should undergo regular surveillance.
- **Annual exams and routine follow-ups.** If you're due for a follow-up for any condition contact us to see a physician.

Good health takes good care. To schedule an appointment - whether you prefer in-person or telehealth - give us a call at 513-841-7400 or go online to [www.urologygroup.com](http://www.urologygroup.com).

## THE UROLOGY GROUP EARNS URAC ACCREDITATION IN SPECIALTY PHARMACY

The Urology Group is proud to announce that it has earned URAC accreditation in Specialty Pharmacy. URAC is the independent leader in promoting healthcare quality through leadership, accreditation, measurement, and innovation. By achieving this status, The Urology Group has demonstrated a comprehensive commitment to quality care, improved processes, and better patient outcomes.



The Urology Group Pharmacy in its Norwood location specializes in providing clinical expertise and comprehensive care for patients with prostate cancer. Uniquely integrated within the medical practice, pharmacists collaborate with all members of the care team to provide individualized care for every patient.

"This hard-earned accreditation is another example of The Urology Group's effort to deliver on healthcare value for our patients," said Dr. Gary Kirsh M.D., president of The Urology Group.

# THE SUN'S BRIGHT SIDE: URINARY HEALTH BENEFITS

It's been a hard-earned summer, and we hope you're letting it shine on you, literally, by spending more time in the sun and enjoying activities that are safe. Yes, the sun offers substantial health benefits, as long as we don't overdo it.

In addition to brightening our days, the sun is an essential source of vitamin D, a vital compound that many of us could use more of – 42% of Americans are deficient. The vitamin D we absorb from the sun improves bone health, supports the immune system, and enhances our moods. But maybe you knew that.



Here's what you might not know: Vitamin D can benefit urinary health. New research suggests it could possibly reduce the risks of prostate cancer, for example, and other tests have shown men with low levels of vitamin D had higher chances of being diagnosed with the disease.

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Separate research has linked low vitamin D levels to higher rates of urinary tract infections (UTIs). This is especially important in the summer, when dehydration and humidity contribute to bacterial growth in the urinary tract, which can lead to infection.

So, beam up. The sun, like ice cream, can make life better when enjoyed in moderation. Do wear UV-protective sunglasses and sun block to protect your skin and eyes, and then allow the sun to shine in your life!

## NEW CONVENIENT LOCATIONS

A few of our offices have changed locations to be more convenient and comfortable for our patients.

### **EASTGATE**

#### **New location:**

4360 Ferguson Drive  
Cincinnati, OH 45245

### **FAIRFIELD**

#### **New location:**

925 Deis Drive  
Fairfield, OH 45014

### **MIDDLETOWN**

#### **New location:**

Atrium Medical Center Professional Building  
200 Medical Center Drive, Suite 500  
Middletown, OH 45005

## NOT OUR FRIEND YET? GIVE US A FOLLOW!

We love seeing patients, family, friends, and team members on Facebook. It's where we post up-to-date information, as well as tips for healthy living.



urologygroup.com

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ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-513-841-7471.

Español (Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al 1-513-841-7471.

繁體中文 (Chinese) 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-513-841-7471。