

FATHER'S DAY: A REMINDER TO GET YOUR PROSTATE CHECKED

This Father's Day, show the men in your life you care by encouraging them to get their prostates checked. A simple prostate screening could ensure a patient is successfully treated for prostate cancer. Nearly 268,500 new cases are expected to be diagnosed in 2022, according to the American Cancer Society.

An early screening can detect prostate cancer even before the patient experiences symptoms, giving the patient and his physician more treatment options at the time of diagnosis. Common screenings include a digital rectal exam and a prostate-specific antigen (PSA) test.

Men who are at normal risk should have an annual prostate exam starting at age 50. Men with higher risk (family history or Black men) should start around age 40.

So, put a screening on the calendar this Father's Day – for you or a loved one. Give us a call (513-841-7400) or go [online](#) to request an appointment.



FREE WEBINAR: FAMILY PLANNING WITH A VASECTOMY

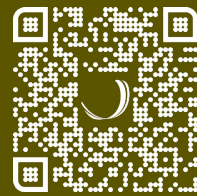
A vasectomy can provide peace of mind if you're finished having children. More than 500,000 U.S. men elect to have this outpatient procedure each year as a permanent form of birth control.



On Monday, June 6, [Dr. Aaron Bey](#) will explain the procedure, dispelling common myths, and will talk about the optional use of Nitrous Oxide (laughing gas) to help calm nerves during it.

ABOUT AARON BEY, M.D.

Dr. Bey sees patients in our Eastgate and Norwood offices. He specializes in vasectomy and kidney stone treatment, as well as robotic surgery for kidney cancer.



FREE webinar on vasectomies

Monday, June 6, 2022
6:00pm

Must register in advance.

WE'RE NOW IN ROSS TOWNSHIP!

Along with our existing Greater Cincinnati, Northern Kentucky, and Southeastern Indiana locations, we have opened an office in Ross, Ohio. To make an appointment with [Dr. Matthew Love](#) in our Ross office, simply give us a call: (513) 841-7400.



Matthew Love, M.D.

THE UROLOGY GROUP VOTED A BEST WORKPLACE

WINNER

2022 Best Workplaces in Ohio, sponsored by *Ohio Business Magazine*



WINNER

Top Workplace of Greater Cincinnati for 2022, sponsored by the Cincinnati Enquirer



KEEPING A HEALTHY TRACT IN SUMMER: 6 UROLOGY WELLNESS TIPS

Did you know that heat causes the body's system to react differently? Rising temperatures in the summer can strongly affect how the urology system works. Your summer habits – from what you eat to what you do – can play a role in managing this. So, enjoy the warmer months by keeping in mind these tips for maintaining and improving your urinary health.

Drink more water – The average person can sweat up to two liters in an hour of physical activity, and the body needs that liquid to flush out bacteria toxins and waste. If not carried out of that body, bacteria can cause urinary tract infections (UTIs) in the kidney, bladder, and urethra.

Reduce alcohol intake – Alcohol, as a diuretic, speeds up dehydration and that can exacerbate the risk of kidney stones, which occur when there is a higher saturation of minerals and salts in the urine.

Monitor your urine color – Healthy, well-hydrated urine is clear or pale.

Stay active – Regular exercise is good for the whole body, including targeted areas of the urinary tract. For example, Kegel exercises strengthen the pelvic muscles and can aid in a range of health issues from incontinence and prolapse to general bladder function.

Enjoy the sunshine but wear sunscreen – Protect your skin from the sun but remember that UV rays make vitamin D, which is essential for bodily health. Research indicates that low levels of vitamin D can put a person at higher risk of overactive bladder, enlarged prostate, and UTIs.

Leave the smoking to the grill – Cigarette smoke contributes to a wide range of urological ailments, including kidney and bladder cancers, kidney stones, infertility, and interstitial cystitis (painful bladder syndrome).

To learn more, read the full blog by Dr. Ryan Flynn [here](#).



GET YOUR SWING BACK – ULTRASOUND WAVE THERAPY FOR ERECTILE DYSFUNCTION

Men who experience erectile dysfunction (ED) are not alone. In fact, about 30 million U.S. men experience it annually. Although ED is very common, chronic ED is not typically a normal part of aging. Alma Duo is a pain-free, long-term treatment for chronic or occasional ED – and is available at The Urology Group.



Here's what to expect from Alma Duo:

- **No pain.** Alma Duo delivers low-intensity pulses that feel like a light tapping. These pulses improve natural blood flow.
- **No medications, needles, or surgery.** Alma Duo won't interrupt "the moment" as medications or other treatments might.
- **No downtime.** 6 treatment sessions take just 15 minutes each, and you can resume normal activities immediately.

To find out if you're a candidate, just [answer a few medical questions](#) online or over the phone and then we'll schedule a free, 15-minute virtual consultation with one of our medical providers.

Visit urologygroup.com/alma-duo or call (513) 758-8585.