

HOW TYPICAL HOLIDAY FARE AFFECTS YOUR BODY

Too much alcohol and fatty food (hello holidays!) can overwhelm the well-regulated machine known as your body. But the holidays are here, so let's talk.

Alcohol is a diuretic, which means it disrupts filtration, causing you to pee more often. It also interferes with messages from your brain to your bladder, penis, and other body parts. A **poor diet** can stress your kidneys and cause a buildup of minerals.

The result of all that alcohol and unhealthy food? Possible:

Kidney stones – They form when you can't properly flush excess minerals and salts.

Urinary tract infections – Lack of good hydration can cause these bacterial infections.

Overactive bladder – When your body is overwhelmed, it can interfere with messages from your brain telling you that you need to urinate when that's not actually the case.

Erectile dysfunction – Alcohol can reduce the production of testosterone and interrupt signals from your brain; both can prevent an erection.

This year, consider having fun without joining your fellow Americans who, on average, double their alcohol consumption from Thanksgiving to New Year's. **Eat healthy, try mocktails, be safe, and have fun.**



BPH IS COMMON AND TREATABLE: IF MEDS AREN'T WORKING, SPEAK UP!

What's more popular than pickleball? For men 60 and older, an enlarged prostate is more popular. By 60, nearly half of men experience symptoms of an enlarged prostate known as benign prostatic hyperplasia (BPH).



Symptoms of this common, non-cancerous condition include:

- Sudden urge to urinate
- Difficulty starting to urinate
- Frequent urination, especially at night

Sound familiar? If so, you don't have to live with it. **BPH is treatable.** If lifestyle modifications don't make a difference, we can prescribe medications, which work for many men.

However, if you've tried the medication route and still feel like your BPH is preventing you from living the kind of life you want, tell your urologist. Many men find permanent relief with

one of these treatment options, allowing them to toss the meds altogether:

- **UroLift** – tiny implants lift prostate tissue, allowing urine to flow as intended
- **GreenLight** – lasers vaporize excess prostate tissue to improve urine flow
- **Aquablation** – powerful heat-free water jets remove tissue that obstructs urine flow

We'll help you find the option that provides permanent relief from BPH. [Visit this page on our website to learn more.](#)

RECLAIM YOUR SEX LIFE IN 2024

Every day, we help men improve their sex lives. Yep, we're talking erectile dysfunction. ED may not be your favorite discussion topic, but overcome it, and you just may fall back in love.

One in two men over the age of 40 are affected by ED. If you're one of them, don't just live with it.

Of course, there's always the little blue pill that most men try initially. However, if you're tired of taking medications or they're simply not working, we have other solutions, including:

Low Intensity Shockwave Therapy painlessly restores natural function and penile blood flow to improve performance and spontaneity – see special offer below

Medicated pellets, each about the size of a grain of rice, inserted into the tip of the penis

Injected medication into the penis shaft, to increase blood flow

Vacuum devices enhance blood flow to the penis and maintain an erection

Penile prosthesis, an implanted device that allows you to manually create an erection

If you're ready for a new year and a new you, contact us.

LOW INTENSITY SHOCKWAVE THERAPY

BUNDLED PRICING...the more you buy, the more you save.

Each man is different so the number of treatments that are ideal can vary. Most men experience some improvement after 6 treatments. You may also want periodic touch up treatments, a 12-pack offers great value.

Bundle options:

	Cost per treatment	Total Cost	Savings
1 treatment	\$500	\$500	
6-treatment bundle (minimum recommendation)	\$400	\$2,400	\$600
12-treatment bundle (new bundle)	\$333	\$4,000	\$2,000

To see if you're a candidate for shockwave therapy, click here and answer a few simple questions: urologygroup.com/liswt



WE'RE LOCATED RIGHT WHERE YOU NEED US

Did you know we now have 12 locations in the tristate?

Ohio:

[Norwood](#)

- Outpatient Surgical Center
- CyberKnife Suite
- Lab
- Physician Offices

[Anderson](#)

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HAPPY HOLIDAYS FROM ALL OF US AT THE UROLOGY GROUP!



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