

NKY Physicians: Christopher Cirulli, Michael Dusing, Brooke Edwards, Robert Larke, Robert Schwartz, Brian Shay

HELPING FIRST RESPONDERS



Recent studies indicate evidence of higher cancer rates – including prostate – among firefighters. Catching prostate cancer early provides more time and treatment options for men. As a result, The Urology Group sponsored free prostate screenings this spring at firehouses in Edgewood and Independence for any first responder – full time, part time or volunteer – over the age of 40.

PATIENT REFERRAL PROCESS

Referring patients to The Urology Group is easy. Simply log into EPIC and select one of the physicians from The Urology Group. You can also make a referral by emailing Vicky Evans at vevans@urologygroup.com.

Call our Northern Kentucky office any time to discuss a particular case: 859-363-2200.

OAB TREATMENT OPTIONS: RELIEF FOR A COMPLEX CONDITION



Overactive bladder (OAB) can be a frustrating condition for both patients and physicians. For patients, OAB interferes with many activities and inhibits the quality of their lives. For physicians, the causes can be numerous and interrelated, and therefore sometimes problematic to diagnose.

With more than 40 years of experience in treating patients in Northern Kentucky, The Urology Group specializes in OAB treatment. Our exclusive OAB Navigator program provides personalized guidance for patients dealing with OAB and related problems.

The typical first course of treatment is to make lifestyle changes. Cutting down on caffeinated drinks, alcohol, chocolate, tomatoes, citrus and spicy foods has shown positive results. Also, a high-fiber diet can prevent constipation, which aggravates OAB. Women with OAB may experience improvement after performing pelvic floor exercises.

For patients with more complicated, persistent or urgent cases, treatment options include:

- **Medication:** Anticholinergics, the most common OAB medications, help to suppress involuntary contractions by the detrusor muscles. Women may be prescribed estrogen as a topical cream, vaginal rings or tablets.
- **Percutaneous tibial nerve stimulation (PTNS):** A nurse performs periodic stimulation of the percutaneous tibial nerve (near the ankle), weekly as an outpatient therapy.

- **BOTOX® injection:** The physician injects BOTOX directly into the bladder muscle, partially paralyzing it to reduce overactivity, but leaving enough control to empty the bladder voluntarily.
- **Sacral nerve stimulation (InterStim® Therapy):** A tiny pacemaker-like device is implanted through a small incision in the lower back to calm the sacral nerves and regulate control of the bladder function.

The Urology Group has the resources to match the appropriate OAB treatment – lifestyle, pharmaceutical or surgical – with patients to provide lasting relief.

SPOT THE SIGNS: Benign Prostatic Hyperplasia (BPH)



Most symptoms of BPH stem from the obstruction of the urethra and a gradual loss of bladder function. A urinary tract infection (UTI) may result, but patient complaints may include:

- Difficulty starting to urinate
- Interrupted or weak urine stream
- Urine dribbling or leakage
- More frequent urination or feeling the need to urinate, especially at night

While in most cases these symptoms suggest BPH, they also might indicate more serious conditions that require prompt treatment.

EASING DISCOMFORT FROM AN ENLARGED PROSTATE

Studies indicate that more than half of men in their 60s, and as many as 90 percent of those in their 70s, have symptoms of BPH (benign prostatic hyperplasia). Since BPH may cause urinary tract infections, a prescription for antibiotics may be the first step to clear up any infection.

Although the need for treatment is not usually urgent, the issue can become bothersome and eventually present a health risk. Patient treatment options include:

- **Medication:** Several drugs treat BPH by relaxing the prostate and bladder muscles, thereby improving urine flow. Other drugs inhibit production of the hormone DHT, which is involved in prostate enlargement.
- **UroLift® System:** A minimally invasive procedure, the UroLift System features permanent implants that act like window-curtain tie-backs to hold the lobes of an enlarged prostate open. Pulling back the prostate relieves pressure on the urethra, which allows urine to flow normally again.

Surgical treatments may also be an option:

- **Transurethral resection of the prostate (TURP):** A tiny instrument with an electrical loop, called a resectoscope, is inserted into the penis and cuts away obstructing tissue while sealing blood vessels.
- **Holmium laser enucleation of the prostate (HoLEP):** With the patient under general anesthesia, a laser precisely removes the portion of the prostate gland obstructing urine flow, without requiring incisions.



- **Transurethral vaporization of the prostate (TUVP):** A tiny instrument with an electrode or laser fiber is passed through the urethra and vaporizes the obstructing tissue.
- **Open surgery:** When the prostate is very large, a surgical incision is required to remove obstructing prostate tissue.

If you have patients experiencing discomfort from BPH, The Urology Group offers effective solutions.

PHYSICIAN SPOTLIGHT



DR. MICHAEL DUSING

A graduate of the University of Louisville School of Medicine, Dr. Dusing received his surgical and urology training at Indiana University. He recently completed a term as the chief of surgery for St. Elizabeth Healthcare, and also served on St. Elizabeth's executive committee. In addition to treating urological malignancies and performing robotic surgery, Dr. Dusing is the only physician in the region qualified to perform HoLEP surgery for an enlarged prostate.



DR. BROOKE EDWARDS

Dr. Edwards serves as chief medical officer of The Urology Group and specializes in robotic surgery of the kidney and bladder, urethral reconstruction and genitourinary cancer. She completed her residency and surgical internship at Eastern Virginia Medical School and graduated from the Indiana University School of Medicine. She received her undergraduate degree in kinesiology from IU, where she was a four-year letter winner in track and field, earning Academic All-Big Ten honors. She was recently recognized by Venue Magazine as one of Cincinnati's Healthcare Leaders.

CONDITIONS WE TREAT



The Urology Group can treat your patients for a variety of urologic conditions, including:

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

THANK YOU FOR YOUR TRUST

We appreciate the trust you place in us to care for your patients who experience urologic issues. If you would like to receive this newsletter electronically instead, please email Vicky Evans at vevans@urologygroup.com.



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