

# YOUrology News

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

More than 20 years serving patients



2000 Joseph E. Sanker Blvd. | Cincinnati, OH 45212 | 513.841.7400 | urologygroup.com

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## CALL-IN CONVENIENCE: IMPROVED ACCESS FOR PATIENTS



The Urology Group announces a new approach for phone calls that will quickly connect patients with staff members who can help them.

Patients only need to know one number to reach anyone or any office: (513) 841-7400. Patients who already know the direct line to their specific physician's office can continue to use it.

The new system also allows patients to reach out any day at any time to schedule their appointments.

As a patient, if you are not sure which physician to see, the staff member will ask where you live, as well as a general description of your symptoms. The appointment will then be booked accordingly at the most convenient location with an appropriate physician.

A callback option is also offered for those not wanting to wait on hold. Patients can press the star key and will be called back when their call is next in line.

"Our goal is to get patients connected as quickly as possible," said Earl Walz, CEO of The Urology Group. "With just one number to remember, it's more convenient for them, and we'll be able to manage calls more efficiently to serve them better."



## FIGHTING CANCER FOR FIREFIGHTERS

Recent studies have shown evidence of higher cancer rates – including prostate – among first responders, particularly firefighters. To address that issue, and to show gratitude to those who keep our communities safe, The Urology Group recently conducted free prostate cancer screenings at two Northern Kentucky firehouses, Independence and Edgewood.

Any firefighter or first responder – full time, part time or volunteer – with the appropriate risk factors or age range was invited to participate. About 20 men took advantage of the opportunity.

In addition to helping first responders fight cancer, the program serves as an example of the importance of early detection for all men in the region. Identifying prostate cancer early provides additional time and treatment options that lead to more positive outcomes.



## YOUR Health

### HEMATURIA: WHAT TO DO IF THERE'S BLOOD IN YOUR URINE

"Hematuria" is the medical term for the presence of blood in the urine. Hematuria is a sign that your kidneys or other parts of your urinary tract are allowing blood cells to leak into urine.

Many causes of hematuria are benign and require no treatment other than observation. Some medications, and certain foods, can cause your urine to turn a reddish color. In some cases, strenuous exercise has been identified as a cause.

However, you should immediately contact your physician any time you notice blood in your urine. It's important to ensure that it doesn't indicate a more serious condition, such as a urinary tract infection (UTI), kidney stones, enlarged prostate, kidney injury or bladder cancer.

To determine the cause of urinary bleeding, your urologist may prescribe tests such as:

- **Urinalysis:** A urine culture can detect the amount of blood in your urine as well as evidence of UTIs or kidney stones.
- **Imaging:** A CT scan, MRI, ultrasound or X-ray can reveal potential problems in the kidney and bladder areas.
- **Cystoscopy:** A specialized telescope is inserted through the urethra to check for signs of bladder disease.

Your first step, however, should be to contact your physician to discuss your particular situation.

## Imaging Services: Compare and Consider

Did you know that The Urology Group performs CT scans, ultrasounds and X-rays at our Norwood Campus? Many patients choose to have their scans with us for cost and convenience reasons.

Exams performed by our imaging department provide high-quality results that are read by qualified technologists, the same as any hospital or other healthcare service providers.



Our CT scanner uses the latest technology to minimize the amount of radiation patients receive while still producing excellent images. The Urology Group is accredited by the American College of Radiology (ACR), the gold standard for imaging accreditation.

In many cases, our imaging services offer significant savings for patients, in addition to a convenient location. Compare your options and consider using The Urology Group for your next scans.

# Meet YOUrologists

## GETTING TO KNOW OUR MEMBER PHYSICIANS



### DR. REBECCA ROEDERSHEIMER

Dr. Roedersheimer has been practicing with The Urology Group since 2008, and is one of three physicians on staff to have earned special certification in Female Pelvic Medicine & Reconstructive Surgery by the American Board of Urology.

She specializes in female urology and incontinence, nerve therapy (stimulation) for overactive bladder (OAB), urinary tract infections and surgical kidney stone treatments.

A graduate of the University of Cincinnati, she completed her residency and surgical training at the University of Cincinnati College of Medicine. She sees patients at The Urology Group's Westside office as well as the Norwood Campus. In her time off, she enjoys spending time with her three children, reading novels, and Notre Dame football and Bearcat basketball.

## ZERO360 Comprehensive Support for Prostate Cancer Patients



ZERO, the national nonprofit organization dedicated to raising funds and awareness for prostate cancer, has created a new program to help men who have been diagnosed. ZERO360: Comprehensive Patient Support provides free, confidential expertise to help guide patients through their cancer journeys.

ZERO360 services include insurance navigation, screening and enrollment for additional insurance coverage options, financial aid to cover the costs of care, employee benefit management to understand protections and emotional support.

For more information about this and other support programs, visit:  
<http://urologygroup.com/education-and-events/prostate-cancer-advocacy-and-support/>.



## FREE SEMINARS FOR A NEW TREATMENT OPTION FOR ENLARGED PROSTATE

More than 70 percent of men age 60 or older have symptoms of BPH (benign prostatic hypertrophy), also known as an enlarged prostate.

At each seminar, a physician from The Urology Group will provide an overview of UroLift, a new treatment option that is noninvasive and an alternative to medication.

### Date:

Tuesday, August 15 or Monday, August 28

### Time:

Both seminars run 6:00 p.m. – 7:15 p.m.

### Location

Both sessions will take place at:  
The Urology Group  
2000 Joseph E. Sanker Blvd.  
Norwood, Ohio 45212

### RSVP:

Call (toll-free) 1 (855) 564-9722

Attendance is free, but you must register to guarantee adequate seating. If you are not able to attend but are interested in scheduling an appointment to discuss UroLift, please contact our nurse at (513) 841-7430.

Afraid to  
talk about  
vaginal  
dryness?



Don't worry.  
We're not.

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Call (513) 841-7528



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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.

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