

YOUrology News

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



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GOOD HEALTH AND HELPING HANDS IN 2019



As we reflect on another year, we recognize good health and helping others are among the greatest gifts. The Urology Group family continued to demonstrate this in 2019. Because of you, our community raised funds to end prostate cancer at our annual prostate cancer race in September, which we will again host next year on Saturday, September 12, 2020.

We look forward to an even better 2020 and to continuing to partner with you.

Best wishes for a joyful season.

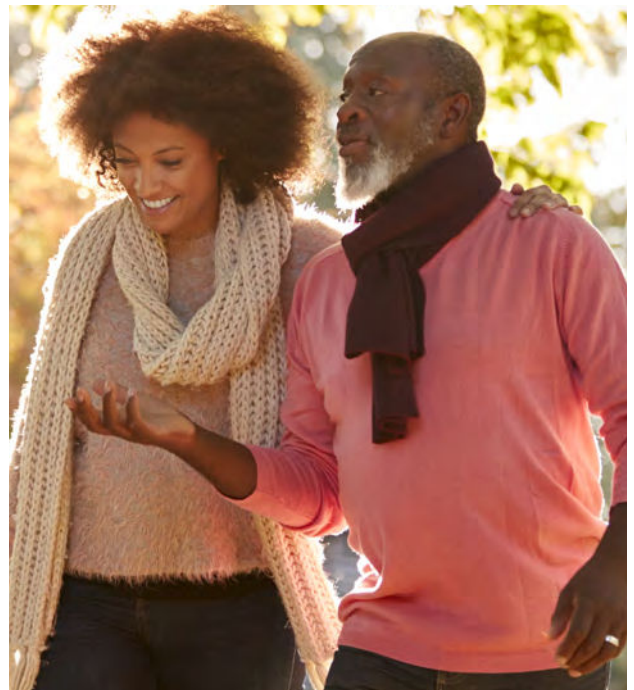
WHAT A MAN WITH PROSTATE CANCER SHOULD TELL HIS DAUGHTER

Medical scientists have now confirmed a family link between prostate cancer in dad and breast cancer in daughter. A father who develops aggressive prostate cancer should consider undergoing newly available genetic testing to look for an inherited breast cancer gene mutation.

If dad tests positive for the breast cancer gene mutation, he should urge his daughter to undergo testing for the same mutation. That's because mutations of two breast cancer genes, BRCA1 and BRCA2, are inherited traits that increase a woman's chances of developing breast cancer. There is a 50 percent chance of fathers passing the breast cancer gene mutation to their daughters. Female carriers of the mutation have up to an 80 percent chance of developing breast cancer.

Fathers also have a 50 percent chance of passing the breast cancer gene mutation down to their sons. Male carriers have a much higher risk of developing prostate cancer than the general population. Carriers tend to develop prostate cancer at a younger age, and in a more life-threatening form.

The benefit of testing, for daughters and sons, is early detection and targeted medical intervention. Talk to your urologist to learn more.



PROSTATE BIOPSIES: THE WHYS AND WHAT TO EXPECT

If your doctor suggests a prostate biopsy, don't panic – it doesn't necessarily mean cancer is suspected. A biopsy can help identify causes of lumps, high PSA readings and other health issues.

Here is what to expect:

A biopsy is a 10- to 15-minute outpatient procedure whereby the doctor collects tissue from the prostate, using an ultrasound image as guidance.

A pathologist examines the cells, grading any that are cancerous on a scale of 6 to 10 to determine their aggressiveness. Your urologist may also recommend additional tests, such as an MRI or a molecular reading.

After a biopsy, patients should avoid strenuous activities for three days. Some minor side effects like bleeding may occur. Your urologist will guide you on when to be concerned.

Importantly, patients don't have to go through it alone. The Urology Group's dedicated team of Patient Navigators helps guide patients through the biopsy process.

Meet YOUrologists

GETTING TO KNOW OUR NEWEST PHYSICIAN



KATHERINE E. VOSS, M.D.

The Urology Group's newest physician, Katherine E. Voss, M.D., knows a thing or two about hard work as a recipient of the Urology Hustle Award from the University of Texas Health Science Center at San Antonio, which she earned for her exemplary work ethic. Dr. Voss completed her surgical and urology training at UT after receiving her Doctor of Medicine from the University of Cincinnati College of Medicine.

Prior to her medical training, Dr. Voss earned her Bachelor of Arts in Biology and Spanish from Case Western Reserve University, where she received the Arts and Sciences' Experiential Learning Fellowship for foreign study in Sevilla, Spain.

Certified by the American Board of Urology, Dr. Voss is licensed in the state of Ohio. She is a member of the American Urology Association and the Society of Women in Urology. Dr. Voss's clinical interests include stone disease, neuro-urology, voiding dysfunction, BPH, incontinence and vasectomy. She currently sees patients at our Blue Ash location. We are excited to welcome Dr. Voss to our team.

FENDING OFF UTIs: 3 COMMON PREVENTIONS FOR A COMMON CONDITION

Measures to help ward off urinary tract infections, one of the most common and vexing infections we get

A urinary tract infection (UTI) occurs when bacteria gets into the urethra, kidneys, ureters or bladder, causing burning urination, abdominal pain and difficulty peeing, among other symptoms. Chances are you know someone suffering from one now – every year, 8.1 million people visit a doctor for a UTI, *Medical News Today* reports.

Fortunately, there are ways to prevent and/or reduce the frequency of UTIs at home, including:

- increasing your water intake;
- going to the bathroom about every three hours during the daytime;
- and avoiding constipation.

See your urologist if these methods don't work or if your situation worsens. Among other treatments, your urologist may prescribe estrogen creams, low-dose antibiotics or supplements.

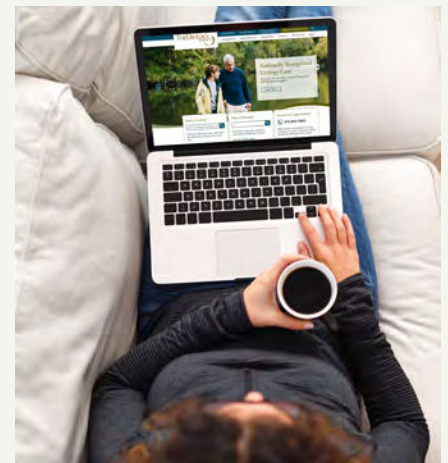
New technologies are making it easier to detect UTIs, as well. MicroGenDx is a two-part DNA test that can identify bacteria and fungus outside of traditional urine cultures, for hard-to-diagnose cases. Testing is, after all, a preventive measure too.

Learn more about our approach to treating UTIs by downloading this information sheet. If you or a loved one has UTI symptoms, call us at 513-841-7400.

NEW WEBSITE OFFERS MORE PATIENT CONVENIENCES

Finding information quickly and in a way that's understandable is important, especially when it comes to your health. The Urology Group's new website allows patients more convenience.

- **Request an appointment** – We will respond to your request by phone within 1 business day. If you are not home at the time of our call, we will leave a message and call-back number. We will respond to appointment requests received after 3 p.m. on Fridays or over the weekend by 3 p.m. the following Monday.
- **Track your symptoms** – Tell us your symptoms and we'll tell you what could be going on with your urologic health.
- **Explore Urology A to Z** – Find virtually anything you need, based on just a few keywords.
- **Download forms** – Print forms, complete them at home, and bring them to your office visit.
- **Give us feedback or Thank a Team Member!**
- **Share your story** to bring hope to someone else facing a health issue. If you haven't visited lately, check out our website at www.UrologyGroup.com.



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Llame al 1-513-841-7471.

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