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Male Urinary Incontinence: An Embarrassing Problem (No Longer)

“Fore!” The middle of winter may be a difficult time to remember the joys of a round of golf in the dog days of summer. Consistent errant golf shots on the course may not be the only reason some men hang up the clubs or discontinue other activities dear to their hearts. Many men may silently experience the frustration and embarrassment of an overactive bladder and leaking urine upon exertion with simple activities such as laughing, coughing, walking, swinging a golf club, etc. It’s a miserable problem for anybody who experiences it. Don’t become so discouraged and embarrassed that you don’t seek help—there is almost always a solution!

Urinary incontinence, or the inability to control urine, is a common problem affecting many men in America. Despite common perceptions, this medical condition is not a disease or normal consequence of aging, therefore, most cases can be cured or improved. If you or a loved one experience embarrassing or troublesome symptoms like leaking or dribbling urine or not being able to “hold it”, statistics show you’re not alone. A recent study found that 10% of U.S. men between the ages of 18-97 (about 9 million) have male urinary incontinence

(UI). When looking specifically at men over 60, 17% reported having an incontinent episode. There are many potential causes of incontinence in men but the vast majority are associated with prostate problems, most often benign but sometimes cancerous. As many as 30% of men who have undergone treatments for prostate cancer report some degree of incontinence.

The positive news—male urinary incontinence is a treatable problem. To find a treatment that addresses the root of the problem, you need to talk with your urologist. They will be able to help identify the cause by assessing the bothersome symptoms you’re experiencing and running some simple diagnostic tests. Depending on an individual’s specific condition, there are a number of treatment options available. Although pads to collect urine are an option, there are medications, non-invasive office based treatments and minimally-invasive procedures that can provide a permanent resolution to most individual’s problems.

Now is the time to seek the answers and treatment you need. Believe it or not, an active summer is right around the corner!

UCC Diagnoses and Therapies

Men’s Health

Erectile Dysfunction
Prostate Health
BPH (enlarged prostate)
Chronic Prostatitis
Hypogonadism (low testosterone)
Vasectomy & Vasectomy Reversal
Infertility
Peyronie’s Disease
Prostate Cancer
Testicular Cancer

Women’s Health

Sexual Health
Bio-Identical Hormones
Sexual Dysfunction
Hormone Imbalance

Men and Women

Overactive Bladder
Chronic Pelvic Pain/
Interstitial Cystitis
Urinary Incontinence
Kidney Cancer
Bladder Cancer
Kidney Stones
Human Growth Hormone Deficiency
Osteopenia/Osteoporosis
Hormone Replacement

Announcements

We are hiring!

PRN, LPN, or RN

Please send
resumes to:
MORRISL@
harperurology.com
or Fax to
706-324-2990



Did you know we have a
website? Be sure to check
us out online!

www.harperurology.com

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...We do!

Visit our page for
valuable health
information, and
upcoming events.
Just search Urology
Center of Columbus.

Health Topic: Bladder Problems

Chronic Pelvic Pain Syndrome/interstitial cystitis (CPPS/IC) is a group of symptoms, including mild to severe bladder pain and an urgent and/or frequent need to urinate. The disorder can affect women and men, but is more common in women. It can be difficult to diagnose and treat because the underlying cause is not well understood.

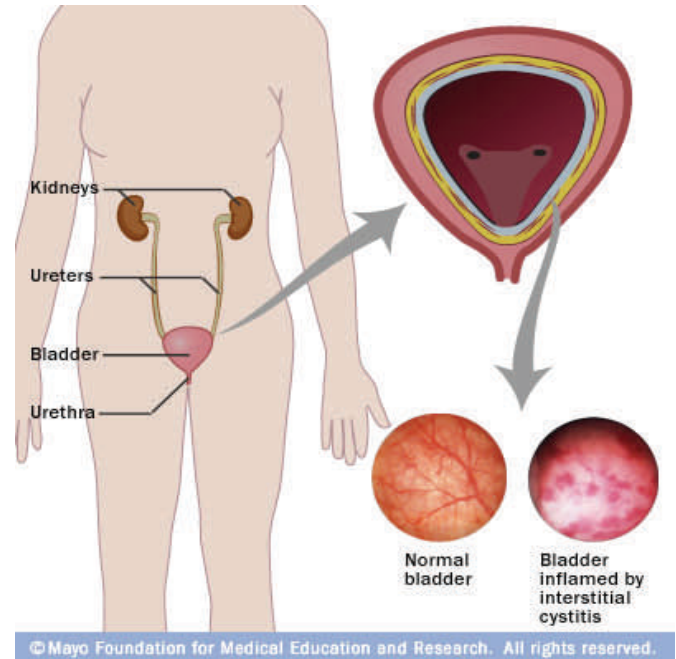
CPPS is defined as a group of symptoms that include bladder pain and a frequent and/or urgent need to urinate during the day and/or night. Interstitial cystitis (IC) is the diagnosis used to describe people who have symptoms of CPPS as well as changes in the bladder lining.

Little is known about the cause of CPPS/IC. Many studies have shown that patients with IC have abnormalities in the lining of the bladder. However, it is not known if these bladder abnormalities are the cause of symptoms or if the abnormalities develop as a result of some unknown underlying disorder that also causes painful bladder symptoms.

It is likely that the nerves in the bladder become highly sensitive to pain and pressure as CPPS/IC develops.

One or more events may lead to the symptoms of CPPS/IC, including:

- Urinary tract infection
- An episode of vaginitis or prostatitis (eg, a yeast infection of the vagina or a bacterial infection of the prostate)
- Bladder, pelvic, back, or other type of surgery
- Trauma (eg, fall onto the tailbone or car accident)



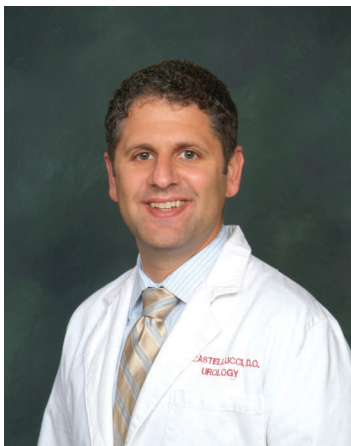
Symptoms of CPPS/IC

The symptoms of CPPS/IC can vary from one person to another and from one episode to another. Symptoms may be mild to severe. They can also be episodic. Symptoms usually include a frequent and urgent need to urinate during the day and/or night. Most people describe pain in the suprapubic area (in the lower abdomen, above the pubic bone). The severity of pain ranges from mild burning to severe and debilitating pelvic pain and usually gets worse with age if not treated. Some people have chronic pelvic pain that is distinct from bladder pain, sometimes with other pain symptoms. Worsening of CPPS/IC symptoms may occur after consuming certain foods or drinks (eg, strawberries, oranges, beer, coffee), or during the luteal phase of the menstrual cycle (14 to 28 days after the first day of the last period). Some people have several pain-related diagnoses, such as irritable bowel syndrome, painful menstrual periods, endometriosis, vulvar pain (vulvodynia), or fibromyalgia. It is possible to have one, or all symptoms or anything in between.

When to see a Doctor about CPPS/IC

- If you experience a combination of above symptoms
- When you have 4-6 UTI's in a year
- When UTI does not respond well to antibiotics
- When symptoms persist

Dr. Castellucci Answers your Questions



Sean A. Castellucci, DO

Q: I have noticed blood in my urine...should I be concerned?

A: Blood in the urine should never be ignored. Hematuria is the technical term for blood in the urine. Sometimes the blood is microscopic and can only be seen with special studies and microscope. If you see blood in your urine, tell your doctor about this symptom and get an appropriate evaluation, especially if you have unexplained weight loss, discomfort with urination, frequent urination, or urgent urination.

Q: What are some causes of blood in the urine?

A: There are many potential causes. Often, bloody urine is a problem in your kidneys or other parts of the urinary tract. Kidney and urinary tract causes include: Kidney or bladder stones, cancer of the bladder or kidney, infection of the bladder, kidney, or urethra, inflammation of the bladder, urethra, prostate or kidney, injury to the bladder or kidney, bleeding disorders. UTIs are more common in women than in men, except in the neonatal period.

Call your doctor right away if you are unable to urinate, have blood in the urine, or have fever, nausea, shaking chills, or pain in abdomen, side, or back.

For more information please call us at 706-324-7700 or visit our website at www.harperurology.com. We welcome you as a patient!



Clinical Research Corner

Are you Bothered by Making Multiple Trips to the Bathroom at Night?

Nocturia is the frequent need to go the bathroom to urinate at night. Nocturia is a common cause of sleep loss. Individuals without Nocturia can sleep 6 to 8 hours without having to urinate, or getting up once per night. Nocturia may occur only occasionally or nightly.

Symptoms include:

- Excessive urination (need to urinate too much fluid)
- Frequent urination (too many visits to the bathroom)
- Urinary urgency (the need to urinate without much result)
- Reduced urine.

The CoMFORT study is currently recruiting **men** ages 18 and older, for a research study to determine the effectiveness of an investigational treatment for Nocturia.

The medication for the CoMFORT study is a fast dissolving formulation of an investigational medication for Nocturia.

A clinical trial is a research study to answer specific questions about investigational treatments, or new investigational ways of using known treatments.

If you are 18 or older, average 2. or more trips to the bathroom to urinate at night, and are not taking diuretics or water pills you may be able to participate in the study.

Study participants will receive study related exams, lab tests and study treatments at no charge. Compensation for time and travel may also be provided.

For more information, please contact:
Veta Robinson LPN, CCRC
706-243-3673 or email
research@harperurology.com

Check Out SMRI 's Upcoming Studies:

If you or someone you know is interested in hearing more about these trials please [Contact Us](#):

Veta Robinson LPN, CCRC
706-243-3673 or email
research@harperurology.com

- Enlarged Prostate
- Interstitial Cystitis/Bladder Pain Syndrome
- Low Testosterone
- Complicated Urinary Tract Infection
- Pelvic Floor Prolapse
- Bladder Cancer
- Female Hypoactive Sexual Desire Disorder
- Erectile Dysfunction
- Lower Urinary Tract Symptoms (ex: Urinary Frequency, Slow Steam or Burning)

Urology Center of Columbus, LLC

1021 Talbotton Road

Columbus, GA 31904

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**Congratulations to our
Employee of the Year!
Angie Hooper, LPN**



Angie Hooper, LPN was named the 2010 Employee of the Year. She was voted this award by her co-workers for her vital role as a team player and dedication to her job. She goes above and beyond the call of duty to help our patients and her co-workers. We are very proud and honored to have Angie on our staff at Urology Center of Columbus.



Mission Statement

The Urology Center of Columbus is committed to providing quality healthcare to our patients through education, training, clinical research, and support. Our organization is dedicated to improving the health and well-being of our patients by providing the most current diagnostic and therapeutic alternatives while counseling and treating our patients with care and respect. We will take an active community role in public healthcare, education, and leadership.

Vision Statement

Urology Center of Columbus will be recognized as the premier regional provider of urologic care shaping the future for quality healthcare delivery, superior outcomes, patient satisfaction, innovation and community leadership.

Please visit our website at www.harperurology.com!

Check us out on Facebook!