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For Women: Hormone Replacement Therapy



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Hormone replacement therapy (HRT) has become a controversial subject. The Women's Health Initiative study (WHI)

brought to light some concerns regarding increased risks for women on HRT especially as regards to heart disease and breast cancer. The study, however, was done only on women who had been placed on hormone therapy with no previous testing to measure their baseline levels. This would be equivalent to placing patients on blood pressure medications without first taking their blood pressure. Hormone therapy has minimal risk when the hormones are treated only into target levels.

What hormones should be tested and how does their deficiency affect women?

Estrogen: This hormone decreases the breakdown of bone tissue, helps keep the vagina moist, helps prevent urine leakage, and increases mental function. The most noticeable symptom of decreased estrogen is, of course, hot flashes. Estrogen is made by the ovaries in a premenopausal woman but is also produced by the adrenal glands. Estrogen can also be increased by certain foods and environmental factors.

Progesterone: This hormone increases new bone growth, increases the function of thyroid hormones, increases the use of fat for energy production, decreases water retention, improves mental function, stimulates a normal sex drive,

and decreases depression and anxiety to give a calming effect. This hormone is made by the ovaries in a premenopausal woman but cannot be produced by diet or environment.

Testosterone: This hormone increases sex drive, promotes muscle strength and tone, increases stamina and energy level, and increases bone density. This hormone is made by the ovaries, even after menopause, and is also produced by the adrenal glands. It cannot be increased by diet or environment.

Adrenal Hormones: DHEA (a cousin to testosterone) and Cortisol are produced in the adrenal glands. Adrenal glands which have been exposed to a continuous high level of stress become fatigued and do not produce the appropriate levels of these hormones. The results of decreases in these hormones are fatigue, low sex drive, low muscle strength, decreased mental function, sleepiness during the day and insomnia at night.

Thyroid: These hormones affect the metabolism of all body cells. They are made by the thyroid gland, located in the neck. Decreased levels can cause fatigue, thinning hair, cold intolerance, weight gain, coarse dry skin, and constipation. Increased levels can cause heart irregularities, extreme weight loss, heat intolerance, and diarrhea.

Any woman who has symptoms of hormone imbalance should be tested by a physician and should be counseled regarding the benefits and risks of hormone replacement. There are also alternatives to the traditional hormone therapy medications.

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

Medication Refills and Pick-Up Requests are easy!

UROLOGY CENTER OF COLUMBUS, L.L.C.
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Welcome

The medical staff of Urology Center of Columbus, LLC continuously strive to provide our patients with the most dependable, current procedures and diagnostic techniques in urological care.

Urology Center of Columbus has the highest standards of employment for its professional staff and requires continued medical educational courses for its employees. There are certified urological nurses through the Society of Urological Nurses and Associates as well as certified ultrasound and radiology technologists on site. Clinical staff are required to be CPR and ACLS certified.

To Contact Us:

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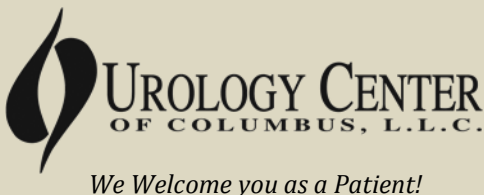


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Call our dedicated phone line 706-243-3686 and leave a message.



Learn More about Male Incontinence

What is urinary incontinence?

Over 2 million men suffer with incontinence. It is a serious problem that men are reluctant to discuss with others. When the muscle (sphincter) that holds the bladder neck closed is not strong enough to retain urine in the bladder, the result is urinary incontinence. Incontinence may occur when:

- The sphincter is too weak
- The bladder muscles contract strongly
- The bladder is not emptied regularly

In men, urinary incontinence often is related to a medical problem or a treatment involving:

- The prostate gland
- Enlargement (benign prostatic hyperplasia, BPH)
- Prostate removal due to cancer

What are the types of incontinence?

Stress Incontinence: Is the accidental release of urine when pressure is applied to the bladder, such as when you cough, sneeze, laugh or lift something heavy. This is the most common type of incontinence post-prostate cancer.

Urge Incontinence: Is when the bladder contracts at the wrong time giving you the feeling that you have to urinate immediately even if you may have just emptied your bladder.

Overflow Incontinence: Is characterized by leaking when the bladder does not empty properly. This can be due to other medical conditions such as an enlarged prostate or a narrowing of the urethra.

Total Incontinence: Is continual leakage of urine due to complete sphincter deficiency.

How is incontinence treated?

Proper treatment can help you return to a more natural lifestyle.

- Regain dignity
- Resume intimacy
- Save money on protective garments

The type of incontinence that you are diagnosed with will determine your treatment options. Some options available are:

- Behavioral modification
- Medication
- Surgery

Surgical Treatment

Once an accurate diagnosis is made by your urologist, it may be determined that the best way to treat your incontinence is to have a bulbo-urethral sling implanted.

The sling is made of a polypropylene mesh material, which is implanted underneath the bulbous urethra to elevate and apply a gentle compression to prevent urine leakage.

Typically, the sling is inserted during an outpatient procedure. Individual recovery time may vary, but the average time is 4-6 weeks. During this time, heavy lifting should be avoided. Your physician will discuss your recovery plan in greater detail.

Slings are a permanent solution. Once the sling is in place, you can enjoy the active lifestyle you had before, playing sports, dancing and just carrying in the groceries without fear of leaking.

Source:  Coloplast

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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.

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