

April 2008

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UCC News

Highlights:

May 11-17 is National Women's Health Week

June 1st is National Cancer Survivors Day.

June 9-15 is National Men's Health Week

American Cancer Society's Relay for Life will be held on May 16-17, 2008.

We're on the web! Don't forget to visit our *new and improved* website. We have many features now available! www.harperurology.com

Free Seminar on Erectile Dysfunction will be held on April 29, 2008, 6:30 PM at the Holiday Inn Express & Suites. A Patient Advocate will be there to tell his story on how he overcame ED. Call today to reserve your seat! (706) 324-7700, ext 233.

Making Life a Little Better!

Kidney Stones

Kidney stones are one of the oldest diseases known to man. They are seen in mummified Egyptians from 4800 B.C. Kidney stones affect about 2 of every 1,000 Americans each year. They typically strike between the ages of 20 and 40 but can and do occur at any age. Without treatment, 10% of all first time stone formers will have a recurrence within 1 year and 50 % within 10 years.

A stone is formed when there is an imbalance of chemicals in the urine. An exact cause is often not known. The prevalence of stones can be related to (1) age, sex, race, and family history of a person, (2) geography and climate of where a person lives, (3) decreased fluid intake and diet, (4) an imbalance of chemicals in the urine, (5) decreased exercise, and (6) infection. In the U.S., the incidence of stones is highest in the Southeast; also known as the "Stone Belt."

The most common symptom of a kidney stone is usually sudden, extreme pain in the back, side, abdomen or groin. Other symptoms may include: fever, chills, nausea and/or vomiting, blood in the urine, urinary frequency or a burning sensation when urinating. A stone can be diagnosed by urinalysis and diagnostic images from an x-ray, CT scan, and/or ultrasound.

Some stones do not pass on their own and require treatment. In fact, 80% of all stones will pass through the urinary tract if you can stand the pain long enough. If a stone is too large to pass, the following treatment options are available:

Lithotripsy (the break up of stones with shock waves), Ureterscopy (use of a scope to remove the stone) or Percutaneous Nephrolithotomy (placing a scope through the skin into the kidney to remove the stone). If you have recurring kidney stones, we can perform simple urine and blood tests to help determine the cause of

stone formation. Through this work-up, we can make dietary suggestions or prescribe daily medications to help prevent future stones.

Above all, the most important thing you can do for prevention of all types of stones is drink at least 8 – 10 glasses of water daily. It is difficult for stones to form in dilute urine.

If you, a family member or someone you know suffers with kidney stones, the "Kidney Stone Prevention Program" at UCC may be of benefit. Call or visit our website for details and more information.



William M. Harper IV, MD, FACS, CPI

Bio-Identical Hormones

Hormone imbalances can cause many familiar syndromes including premenstrual syndrome, fibrocystic breast disease, fibroids, and endometriosis. They also cause the symptoms associated with menopause such as hot flashes, mood swings, and weight gain. These imbalances can occur throughout the lifetime, including premenopausal, perimenopausal, and postmenopausal stages. Many women are frustrated by their hormone fluctuations and the symptoms caused by them. The prevailing habit of putting all women on standard female hormones is just not very effective. The more efficient way of controlling hormone imbalances is to test thoroughly and then replace only what is needed.

A single blood test just cannot test a woman's hormones as they naturally fluctuate throughout the month and also throughout the day. To get a better idea of what is really going on; the hormone levels are tested using saliva testing. A kit containing separate vials with explicit instructions is given and the patient collects saliva and returns them for testing. The result is a graph showing the various hormones throughout their cycle. The way the hormones are replaced has changed also. Bio-identical hormones begin with plant hormones, mostly from yams. These hormones are then altered to exactly replicate the human hormones they are replacing.

The body recognizes them more easily and therefore responds to them in a more natural way. There are 3 different kinds of estrogen: estradiol, estrone, and estriol. These estrogens differ in their potency. By using the lowest potency estrogen for hormone replacement, the risks are minimized. The important thing to remember when replacing hormones is that a proper balance is needed to achieve symptomatic relief and hormonal health. Too little or too much of a hormone can cause the same symptoms. The best therapy produces a balance of all sex hormones through hormone replacement as well as lifestyle changes.

Angela Seeds, PA-C



1021 Talbotton Road
 Columbus, GA 31904
 (706) 324-7700
 (866) 898-7770
 (706) 596-5810 Fax

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www.harperurology.com

Practice News

Jena Alexander, LPN, CUA completed Urodynamics training offered by the Society of Urologic Nurses and Associates (SUNA) on March 2, 2008. Jena is now a Certified Urodynamist! We are so excited for her accomplishment and Urology Center of Columbus is very proud of her.

We are happy to announce Lisa Waldrop has joined UCC's Team in February. She has been working in the medical field for 12 years and specializes in insurance billing, accounts receivables, collections and customer/patients relations. She received certification in Medical Billing in July 2004.

Making Life a Little Better!

Clinical Research

Are you among the millions of men in the country inconvenienced by an enlarged prostate?



- Do you need to urinate frequently?
- Do you often have to get up at night to urinate?
- Is it difficult to start urinating?
- Do you have a weak stream?

If you answered **yes** to some of these questions, you may have an **enlarged prostate (BPH)**. Instead of quietly enduring prostate problems, you could be a part of the solution. If you are a male, 50 years or older, you may eligible to participate in a clinical research study for enlarged prostate (BPH). Qualified participants will receive study-related care, visits, examinations, labs and study medication at no cost. Financial compensation will be provided for your time and travel.

For More Information:

Call (706) 243-3719, Monday-Friday, 8:00AM-5:00PM
www.southeasternmedicalresearchinstitute.com



Susan Ogle was named the 2008 Employee of the Year!

Susan has been with our practice for 8 years and is our Surgical Coordinator. She was voted this award by all of her co-workers for her vital role as a TEAM player and her dedication to her job. She goes above and beyond her normal job duties to help our patients in any way that she can. We are very proud and honored to have Susan on our staff at the Urology Center of Columbus, LLC.

1021 Talbotton Road
 Columbus, GA 31904