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Special points of interest:

- May 15-16 American Cancer Society's Relay for Life
- Men's Health Seminar will be held on June 23rd at 6:30PM by Urology Center of Columbus. For more information call (706) 324-7700.

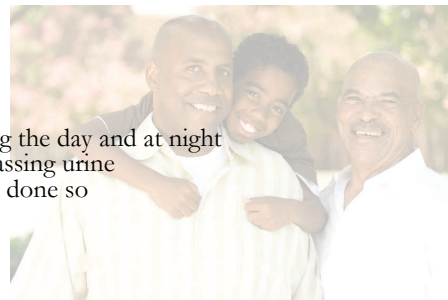
Symptomatic Enlarged Prostate (BPH)

Lifelong drug therapy isn't the only treatment for the symptoms of enlarged prostate. If you do not like the idea of taking drugs for the rest of your life to relieve the symptoms of enlarged prostate you are not alone.

Enlarged prostate or benign prostatic hyperplasia (BPH) is a non-cancerous (benign) growth process (hyperplasia) of the prostate. The symptoms may begin around the age of 40 – 45 years of age. The prostate's main role is to make fluid for semen. The prostate is found just below a man's bladder. It surrounds the tube that carries urine and semen out of the body through the penis. This tube is called the urethra. As the prostate grows, there are some symptoms you may notice when you pass urine.

Symptoms:

- Trouble starting to urinate
- Decreased force of the urine stream
- Feeling the need to pass urine more often, both during the day and at night
- A feeling that there is still urine in the bladder after passing urine
- Feeling like you still have to urinate, even after you've done so
- Having a strong, sudden urge to urinate



Treatment:

There are many ways to treat an enlarged prostate. These may include:

Watchful waiting – *both you and the doctor should decide whether watchful waiting is right for you (don't do it on your own).* You and your doctor will keep an eye on your symptoms. You will need regular check-ups. These check-ups will include: re-evaluation of your symptoms, digital rectal examination (DRE), and PSA test. If your symptoms change or get worse, contact your doctor.

Medications – there are several medications available to shrink the prostate and relax the bladder and prostate muscles to improve urine flow.

Surgery – There are several procedures that reduce the size of the prostate, allowing the bladder to empty better.

Non-Surgical Options- There are office- based non-surgical procedures available.

Urology Center of Columbus is excited to offer our patients a non-surgical office based procedure called Prostiva RF Therapy. It is a safe, in-office procedure with few side effects. The therapy uses low-level radio frequency (RF) energy to destroy excess prostate tissue. This may improve urination and free you from the bother of BPH symptoms for up to five years.

Prostiva RF therapy offers:

- Improve flow of urine and relief of urinary symptoms.
- Few reports of sexual side effects like, impotence and abnormal ejaculation.
- Can be done in our facility.
- It is done under local anesthesia (only the affected area is numbed).
- Takes less than an hour.
- Lets you get back to many of your normal activities in a day or two.

It is covered by Medicare in all 50 states as well as by many private insurance companies. For more information please contact our office at (706) 324-7700 or visit our website at www.harperurology.com.

Reference: Medtronic

Clinical Research

We are participating in a clinical research study comparing different doses of investigational medication for the treatment of a condition called Chronic Prostatitis. Symptoms of Prostatitis, or an inflamed prostate are pelvic pain or discomfort, frequent or urgent urination, and pain or burning during urination.

Qualified participants may receive a study related physical exam, blood tests and investigational medication while taking part in this up to 16 week clinical study.

If you have been experiencing these symptoms for the past 3 months or longer, or have been diagnosed with Prostatitis or an inflamed prostate, please contact *Veta Robinson, LPN, CCRC* at (706) 243-3673.

Currently Enrolling Studies:

- Type 2 Diabetes
- Overactive Bladder
- Interstitial Cystitis
- Nocturia (frequent urination at night)

For more information about these enrolling studies Contact Veta Robinson, LPN, CCRC at (706) 243-3673 or research@harperurology.com



We Value Our Patient's Opinion!

We value our patient's opinion and welcome your feedback. Fill out our patient survey and you will be entered into a monthly drawing for Free Movie Tickets for Two! Please visit our website at www.harperurology.com to fill out our patient survey today.

The “Urinary Tract Team” Supporting Muscogee Relay for Life 2009



We are proud to announce our participation in the Muscogee Relay for Life 2009.

We will be collecting donations at our office until the day of the walk on May 15th. Please help support our “Urinary Tract Team”!

Free Men’s Health Seminar

While the life expectancy gap between men and women has decreased, it is no secret that men still need to pay more attention to their bodies.

To learn more information about this free health seminar, please call (706) 324-7700 ext. 233.

June 23, 2009

6:30PM

Holiday Inn Express & Suites
7336 Bear Lane
Columbus, GA 31909

2008 Employee of the Year Award



Dixie Woodham, LPN



Allison Sims, RT(R)

Dixie Woodham, LPN and Allison Sims, RT(R) were named the 2008 Employees of the Year. They were voted this award by all of their co-workers for their vital role as team players and dedication to their job. They both go above and beyond the call of duty to help our patients and co-workers. We are very proud and honored to have Dixie and Allison on our staff at Urology Center of Columbus, LLC.

**Urology Center of
Columbus, LLC**

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*Making Life a
Little Better!*

The medical staff of Urology Center of Columbus, LLC continuously strives 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, vascular and radiology technologists on site. Clinical staff are required to be CPR and ACLS certified.

Mission Statement

The Urology Center of Columbus is committed to providing quality healthcare to our patients through education, training, clinical research and support. Our office 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.

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