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Special points of interest:

- October 20th World Osteoporosis Day
- October National Breast Cancer Awareness Month
- October 20-26 National Interstitial Cystitis Week
- November American Diabetes Month
- November 1-7 Urology Nurses and Associates Week
- December 7-13 National Handwashing Awareness Week

Interstitial Cystitis by: William M. Harper IV, MD, FACS, CPI



Interstitial cystitis (IC) and Chronic Pelvic Pain Syndrome (CPPS) are chronic conditions associated by pelvic pain, urinary urgency and urinary frequency. IC affects both men and women, but is most common in women. Women are often misdiagnosed with bacterial infections. While men with chronic pelvic pain, are often misdiagnosed with prostatitis, epididymitis, or bladder outlet obstruction. Many people with IC have a hard time sleeping well, working and enjoying a normal sex life. There is no cure, but there are things that you can do to relieve the symptoms.

What are they symptoms of IC?

Symptoms may vary from person to person over time. The symptoms usually start out mild and are episodic. They generally become more severe over time. You may experience any of the following symptoms: tenderness, pressure or pain in your lower abdomen, feeling to urinate frequently (you may urinate up to 20 - 50 times in a 24-hour period), the feeling that your bladder needs to be emptied soon, even after just voiding (urgency), waking up more than 2 times per night to urinate and painful sexual intercourse.

How is IC diagnosed?

The symptoms are very similar to other urinary tract problems. Since there is no definitive diagnostic test for IC, tests are done to rule out other conditions. The following tests may be performed: a physical exam and medical history, urinalysis and/or a urine culture, urodynamic study (bladder pressure study), cystoscopy (a scope used to look into the bladder), biopsy of the bladder wall and potassium sensitivity test.

Treatment:

There is no cure. The treatment options vary from person to person, and are aimed at providing symptomatic relief. Some of the options are as follows: (1) Oral medications: (a) Elmiron is approved by the FDA to help restore the damaged lining of the bladder, (b) Amitriptyline (Elavil) has the ability to block pain and reduce bladder spasms, (c) Antihistamines – studies have shown that an allergic type reaction in the bladder causes IC flair, and (d) supplements are known to lower inflammation in the body and decrease bladder symptoms; (2) Behavioral changes: some foods (i.e.: acidic foods, caffeine, etc.) may worsen the symptoms of IC and avoidance of these foods can alleviate symptoms; (3) Bladder instillations that contain a single agent or “cocktail” of agents are instilled into the bladder; (4) Pelvic floor therapy that consists of kegel exercises along with biofeedback; (5) Nerve stimulation is used to over stimulate and “calm down” the nerve that causes the IC symptoms; (6) Botox injections and (7) Surgical options that are used as a last resort, such as: fulguration (cauterization) of the bladder; resection of bladder ulcers; bladder augmentation (enlargement); and/or bladder removal for extreme cases.

National Physician Assistants Week

The week of October 6-12 is designated as National Physician Assistants (PA) Week.

The goal of physician assistants during this week is to promote the awareness of PAs by the general population. I have been a PA for four years and am honored to serve the people of Columbus and the Chattahoochee Valley area. Georgia is a good place to practice due to the wide acceptance of PAs. There are many places in the country that are not as knowledgeable about the use of PAs in the medical practice. The career of physician assistance began in 1965 at Duke University. The original four students, who were all ex-Navy corpsmen, entered a two year program. There was a need for medical care that was not being met due to the limited number of physicians practicing. The shortage of medical providers has been an ongoing problem as the baby boomers began to age into the over 60 year old category. This causes a great risk of patients who need medical care falling through the proverbial crack. There is a greater need for PAs in our

medical community more than ever.

Here are a few facts about Pas for those who are not familiar with their qualities. A PA is a healthcare professional who is licensed to practice medicine with physician supervision. They are also trained in the "medical model" that is in medical school, taught by physicians and other PAs. PAs conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive health care, assist in surgery, and write prescriptions as well as numerous other functions. There are nearly 8,000 PAs in the United States at this time.

The PA degree is a Masters program and usually requires 24-32 months to complete. The PA must pass a certification exam after earning their degree. They are also required to log 100 hours of continuing medical education every two years and must pass a recertifying test every six years. PAs practice in every setting imaginable, including hospitals, group practices, solo physician offices, nursing homes, schools, industrial settings, and

correctional institutions.

Physicians and PAs work side by side as a team. PAs are trained to learn their limitations and to call upon the physician when they deem a medical case to be too complicated for them to handle.

If you are under medical care with a PA as a part of your care team, please be aware that we are grateful for your support. We look forward to serving with the physicians of Columbus and the Chattahoochee Valley area to give you the best care possible.



Angi Seeds, PA-C, CUAP, CCTI



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Celebrate Urology Nurses and Associates Week November 1-7

Urology nurses and associates care for patients across the lifespan, providing guidance and treatment for a variety of urologic diseases and concerns. They work tirelessly to improve the quality of life of their patients. They specialize, but not limited to, such areas as continence care, male/female sexual dysfunction, infertility, cystoscopy, urodynamics and pelvic floor therapy. Urology nurses and associates deserve recognition for their incredible work!

To recognize how valuable urologic nurses and associates are to the health care system and to their patients, the Society of Urologic Nurses and Associates (SUNA) has established Urology Nurses and Associates Week. Urology Nurses and Associates Week will be celebrated November 1-7.

This special week is meant to recognize and honor urology nurses and associates, educate patients and families about what we do, and encourage others to pursue urologic nursing as their specialty. For more information, you can visit the Society of Urologic Nurses and Associates website @ www.suna.org.

Clinical Research

We are proud to announce that Veta Robinson, LPN has earned the Certified Clinical Research Coordinator Certification!

Certified Clinical Research Coordinator certification (CCRC) is the formal recognition of clinical research professionals who have met the professional eligibility requirements and demonstrated job-related knowledge and skills. A CCRC, regardless of job title, works at a clinical research site under the immediate direction of a principal investigator, whose research activities are conducted under Good Clinical Practice (GCP) Guidelines. Certification is increasingly recognized by today's global clinical research industry. Congratulations Veta!



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.

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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 and radiology technicians 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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