

PATIENT NEWSLETTER



MidLantic Urology

FEBRUARY 2023

OUTPATIENT SURGERY CENTERS: WHY SHOULD I CARE?

When you need a surgery that doesn't require an overnight stay, an outpatient surgery center may be a great option. They've quickly become a popular alternative to hospitals because they:

- Often specialize in one area of expertise – in our case, urology procedures
- Are a convenient alternative to hospitals, especially with parking and building access
- Are known for providing both quality and value, often less expensive than hospital procedures, depending on your insurance
- Have specialized staff who take the time to focus on patients and families

Opened in 2021, the [MidLantic Urology Surgery Center \(MUSC\)](#) has provided hundreds of urology patients in Philadelphia and surrounding counties with the care they need and the convenience they prefer. Located at 656 East Swedesford Rd in Wayne, just five minutes from the King of Prussia Mall, our state-of-the-art facility was designed specifically for urologic same-day surgeries including diagnostic and preventive procedures. The MUSC has three operating rooms and 11 recovery bays and is licensed as Class C, the highest classification possible for such centers in Pennsylvania.

If your MidLantic urologist recommends an outpatient procedure, ask if the MUSC is right for you.

NEW WEBSITE: *Your Go-To Urology Resource*

If you have a condition you want to know more about, or think you need to see a urologist, our new website is your go-to source. It's easy to navigate and is packed with information to keep you healthy and help you prepare for your appointment:

- Thirty urology [conditions](#) including prostate issues, incontinence, and BPH. Learn their symptoms, causes, and how each is diagnosed and treated.
- Quarterly newsletters and monthly blog posts including [Urology Health Goals for the New Year](#)

You'll also find details about our team of 60+ specialists, and our 42 locations throughout Philadelphia and its surrounding counties. [Check it out!](#)



WHEN A GIGGLE CAUSES A DRIBBLE

You don't have to live with incontinence.

If you leak urine when you laugh, cough, sneeze, or lift something heavy, you're not alone. Accidental leakage (incontinence) is common as you age, [especially in women](#) over age 50. [But men can suffer](#) from incontinence too.

Urine leakage usually occurs when you have a sudden urge to get to the bathroom and don't make it in time. This may be caused by a minor infection, or something more serious. Or you may leak when you put pressure on your bladder by coughing, sneezing, exercising, laughing, or lifting.

Either way, there's good news. In most instances, incontinence is treatable:

- **Things to try at home:** wear protective pads, train yourself to resist the urge to run to the toilet every time you feel the urge, strengthen your pelvic floor with [Kegel exercises](#), cut back on bladder irritants like caffeine, alcohol, and citrus.

If that doesn't make a noticeable difference, contact a urologist at MidLantic Urology who specializes in treating incontinence and other disorders of the urinary tract. Before your first appointment, keep a [voiding diary](#), which tracks what you drink, when

you leak, and what you were doing at the time. The journal will help your urologist more quickly determine the cause and best treatment options.

Your urologist will likely give you a physical exam and review your journal. Next steps may include one of the following:

- **Improve pelvic muscle tone** with: Kegel exercises (if you haven't already tried them), biofeedback, vaginal weight training, electrical stimulation of your pelvic floor. Your urologist will explain.
- **Prescribed medications**
- **In-office procedures** including Botox injections into the bladder, bulking agents, and nerve stimulation
- **Outpatient surgeries** including slings, bladder suspension and nerve stimulation

Incontinence isn't something you have to live with. With 42 locations throughout Philadelphia and surrounding counties, you can be sure there's a MidLantic urologist close to your home and ready to put you on the path to ending leakage.

Learn more about incontinence in men [here](#) and in women [here](#).

GUY BERNSTEIN, M.D.

Meet MidLantic Urology's first Chief Medical Officer. As CMO he manages MLU's physicians and keeps everyone up-to-date on changing health regulations.

[Dr. Guy Bernstein](#) is a longtime urologist and surgeon who received his medical degree from the College of Physicians and Surgeons at Columbia University. He followed with specialized training from The Harvard Program in Urology, Brigham and Women's Hospital, and Boston Children's Hospital.

Dr. Bernstein's specialties include treating prostate disorders, overactive bladder, incontinence in men and women, kidney stone disease, bladder cancer, and male infertility. He's also active in research that enables us to offer our patients the latest advancements in treatments. He is vice chair of Main Line Hospitals' Institutional Review Board, vice president of the Sharpe-Strumia Research Foundation of Bryn Mawr Hospital, and has served as principal investigator in many clinical trials over the past two decades.

He sees patients at our [Bryn Mawr Ave](#) and [Paoli](#) locations.



ESPN ANALYST JOE LUNARDI'S STORY

With college basketball in full swing (Go Philly Big 5!), March Madness is approaching fast. ESPN analyst and bracketologist Joe Lunardi knows a thing or two about predicting college basketball tournament winners. He developed the art and science of predicting the teams that will be selected in the annual NCAA Men's Basketball Tournament.

But there was one thing he didn't see coming – his [prostate cancer](#) diagnosis.

After his prostate cancer scare last spring, Lunardi now knows a thing or two about the importance of routine PSA checks. [Read about his experience](#) and the expert care he received from MidLantic Urology specialists [Dr. Max Ahn](#) and [Dr. Michael Hagg](#).

According to the American Cancer Society, one in eight men will be diagnosed with prostate cancer in his lifetime. Prostate cancer rarely presents any symptoms, which is why routine screening is critical.