

# The Center for Urologic Health

## What You Should Know



**Retreat Doctors' Hospital**  
*Center for Urological Health*  
**HCA***Va*  
A CAMPUS OF HENRICO DOCTORS' HOSPITAL



# About the Center for Urologic Health

The Center for Urologic Health at Retreat Doctors' Hospital is the first choice in urologic care throughout Richmond and Central Virginia. We have more than 30 board-certified specialists who provide expert, innovative care for complex conditions affecting the female urinary system and the male genitourinary system. Our physicians offer many of the most advanced options to diagnose and treat urological problems, including minimally invasive laparoscopic and robotic surgery.

We have a convenient location near Richmond's most popular accommodations, restaurants, entertainment, and cultural attractions. The Center for Urologic Health staff is here to help coordinate your visit and answer any questions you may have.

**For more information or to make an appointment with a urologist at Retreat Doctors' Hospital, please call 804-254-5226 or email [retreaturo@hcahealthcare.com](mailto:retreaturo@hcahealthcare.com).**

## Urologic Conditions We Treat

Our physicians diagnose and treat a comprehensive range of urological conditions with expertise and compassion, including:

### Male urologic conditions

- **Cancers of the genitourinary system:** We treat prostate, testicular, bladder, adrenal and kidney cancer. Our cancer specialists diagnose and stage cancer and develop the most appropriate treatment plan.
- **Kidney stones:** The painful stones develop from substances normally found in urine, kidney stones can cause infection and kidney damage. Large stones can obstruct the ureter that carries urine from the bladder, causing sudden and severe pain.
- **Enlarged prostate:** An enlarged prostate may make urination difficult and lead to the need to urinate frequently. This is a common condition that develops with age; treatments may range from "watchful waiting" to medication or surgery.
- **Erectile dysfunction (ED):** This common disorder can make it difficult to get or maintain an erection. Our physicians diagnose and treat the cause of ED, including any underlying conditions.
- **Infertility:** Low sperm count or quality may affect a man's fertility. We determine the cause of infertility and offer the best course of treatment.
- **Urinary problems:** Frequent urination, difficulty urinating or feeling that the bladder doesn't empty completely may be symptoms of an underlying problem with the bladder, prostate or ureters.

## **Female urologic conditions**

- **Pelvic organ prolapse:** Prolapse occurs when the pelvic floor muscles weaken and can no longer properly support the uterus, bladder and other pelvic organs. Childbirth is a leading cause of this condition.
- **Kidney stones:** The painful stones develop from substances normally found in urine, kidney stones can cause infection and kidney damage. Large stones can obstruct the ureter that carries urine from the bladder, causing sudden and severe pain.
- **Urinary incontinence:** Incontinence is the sudden loss of bladder control that often results in leakage of urine. It tends to affect women after childbirth if the pelvic floor muscles weaken.
- **Overactive bladder:** Also known as urge incontinence, overactive bladder is the sudden and almost uncontrollable need to urinate immediately.
- **Recurrent urinary tract infections:** Our doctors can determine the likely causes of recurrent infections and develop a plan to treat and prevent them.
- **Transvaginal mesh complications:** Women who have had transvaginal mesh implants to treat pelvic organ disorders and are having complications may wish to have the mesh removed. Our surgeons can evaluate women who have had this procedure and perform mesh removal surgery if recommended.



## Treatments at the Center for Urologic Health

Our physicians offer treatment options ranging from lifestyle changes and medication to non-invasive therapies and surgery. We perform many surgeries using minimally invasive laparoscopic or robotic techniques.



### Urologic cancer treatments

Our physicians have experience in treating prostate, testicular, bladder, adrenal and kidney cancer. Treatment options include open, minimally invasive laparoscopic and robotic procedures and organ-sparing surgery. Our physicians combine experience, advanced training, and new technology to offer the most up-to-date and comprehensive care for all urologic cancers.

### Kidney treatments

- **Kidney stones:** Our specialists provide routine and emergency care for kidney stones. Treatment depends on the stone quality, size and location. For smaller stones, treatment may include pain management until the stone passes on its own, or cystoscopy surgery to remove stones through a thin tube inserted through the urethra. Larger stones may be treated with shock wave therapy or laser fragmentation to break up the stone, or minimally invasive surgery known as Percutaneous Nephrolithotomy (PCNL) to remove the stone.
- **Kidney surgery:** Our surgeons perform nephrectomy surgery to remove a diseased or cancerous kidney using minimally invasive techniques. We also perform partial nephrectomy to remove a kidney tumor and spare the healthy part of the kidney.
- **Kidney cryotherapy:** Using needles inserted through small incisions, we inject liquid nitrogen into cancer cells to freeze and destroy them.

### Prostate treatments

- **Prostatectomy:** We perform partial or complete prostate removal to treat cancer, often using minimally invasive techniques.
- **Orchiectomy:** During this outpatient procedure, the surgeon removes the testicle or testicles, which shrinks most prostate cancers.
- **Transurethral resection of the prostate (TURP):** Using minimally invasive robotic surgery or a laser to remove excess tissue, we help reduce or eliminate urinary problems caused by an enlarged prostate.

### Bladder disease treatments

- **Chemotherapy:** Bladder cancer treatment may include using a catheter to deliver chemotherapy drugs directly to the bladder.
- **Transurethral resection of the bladder (TURB):** Using minimally invasive robotic surgery or a laser to remove excess tissue, we remove the tumor and remaining cancer cells.



### Urinary incontinence and urethral condition treatments

- **InterStim™ implantation:** Our surgeons implant a neuro-stimulator beneath the skin of the buttocks and an electrode next to the sacral nerves to regulate the urge to urinate.
- **Injections:** Botox® or collagen injections relax the bladder, causing it to expand and increase storage capacity.
- **Sling and suspension:** This minimally invasive procedure places a small piece of woven polypropylene under the urethra to improve bladder support and stop leakage.
- **Urethral dilation:** If the urethra has narrowed and is restricting urine flow, we may insert tiny tubes that stretch the urethra.
- **Ureteral and urethral reconstruction:** Our surgeons can repair or reconstruct ureter or urethra damaged by trauma or infection.



### Male reproductive procedures

- **Vasectomy:** We perform this outpatient procedure using local anesthesia. The surgeon clips the tube that carries sperm from the testes. Vasectomies may be reversible.
- **Implantable penile prosthesis:** If other treatments for erectile dysfunction are not effective, our surgeons can place penile implants inside the penis to allow men to get an erection.

### Pelvic floor disorder treatments

- **Mesh removal surgery:** Our surgeons perform this complex surgery on women who have severe complications from transvaginal mesh treatments for pelvic floor disorders.
- **Tape procedure:** In this non-invasive treatment, the surgeon inserts a tape strip under the urethra to return a sagging bladder or urethra to its normal position.
- **Autologous sling:** Using surrounding pelvic tissue from the woman's own body (autologous), the surgeon forms a support sling that works like the tape procedures but is stitched in place.
- **Anterior and posterior (A and P) repair:** The surgeon makes an incision on the top or bottom of the vagina and uses the tissue beneath the vaginal skin to support the bladder or rectum.



## Urology Surgery at Retreat Doctors' Hospital

Retreat Doctors' Hospital is equipped with a fully licensed surgical suite for both traditional and minimally invasive procedures, including robotic surgery. After surgery, patients are monitored and cared for in our outstanding recovery facilities.

### Leaders in Robotic Surgery

As part of the Virginia Institute of Robotic Surgery, the skilled surgeons at Retreat Doctors' Hospital utilize the latest robotic surgery technology. In fact, we are the first and only hospital in Virginia to perform urological surgery using the latest robotic technology designed for single-incision surgery.



Our advanced robotic surgical system provides a 3D-enhanced vision of the surgical area, giving surgeons superior vision, precision, and control.

We perform minimally invasive robotic surgical procedures for bladder, kidney and prostate cancer, female pelvic disorders, urinary problems from enlarge prostates, and advanced reconstruction.

Minimally invasive robotic surgery provides many benefits including:

- Smaller incisions
- Less pain
- Less blood loss
- Lower risk of infection
- Minimal scarring
- Shorter hospital stay
- Faster recovery and return to activities





## Preparing for Urology Surgery

Depending on the type of procedure, you may require hospitalization or a brief recovery period and then recuperate at home. Our surgeons, anesthesiologists, nurses, and other care team members are here to support you throughout your surgery and recovery.



**As you prepare for your procedure at Retreat Doctors' Hospital, please keep these general guidelines in mind, unless your surgeon or doctor instructs otherwise:**

- Stop eating and drinking at midnight the night before your surgery.
- Ask your doctor if you should stop taking any of your prescribed medications, including insulin, before your surgery. Let your surgeon and care team know if you are taking blood thinners for any reason.
- Bathe or shower before your procedure. Do not apply make-up, lotion, oils or perfume.
- Wear comfortable clothing and remove all jewelry (including body piercings).
- Leave valuables, credit cards, and money at home.
- Bring containers for glasses, contact lenses, dentures or hearing aids, and place these items in their containers before entering the surgical suite.
- Pack a small bag with what you'll need for an overnight stay, including pajamas, slippers, and any desired toiletries to make your stay more comfortable.
- You **MUST** have a responsible, licensed adult drive you home. You may not drive for 24 hours following sedation of any kind. We also recommend that you have a responsible adult spend the night with you.
- Notify your surgeon before surgery if you experience a change in your physical condition, such as a cold, flu, bladder infection, or a fever.

## After Your Procedure

Depending on the type of anesthesia used for your procedure, you may be taken to a post-anesthesia care unit (PACU) after surgery for monitoring. Let your nurse know about any symptoms you may have even if they seem minor or normal, such as dry mouth or blurred vision.



Your doctor or nurse will determine when it is appropriate for you to return home or be moved to a post-operative room to continue your recovery. Before you leave the hospital, you'll be given written instructions on how to care for yourself at home and who to call with any questions you may have.







## Visiting Richmond

Having a loved one in the hospital can be stressful. This information on nearby accommodations, attractions, and restaurants can help you plan your visit.

### ACCOMMODATIONS

#### **Best Western Executive**

7007 West Broad Street  
Richmond, VA 23294  
804-672-7007

#### **Embassy Suites**

2925 Emerywood Pky  
Richmond, VA. 23294  
804-672-8585

#### **Doorways\*\***

612 East Marshall St  
Richmond, VA. 23219  
804-828-6900

#### **Econolodge**

7300 West Broad St  
Richmond, VA 23294  
804-672-8621

#### **Graduate**

301 West Franklin St  
Richmond, VA 23220  
804-644-9871

#### **Holiday Inn Express**

201 East Cary St  
Richmond, VA 23220

#### **Richmond Marriott**

500 East Broad St  
Richmond, VA 23219  
(804)643-3400

#### **The Westin Richmond**

6631 West Broad St  
Richmond, VA 23230

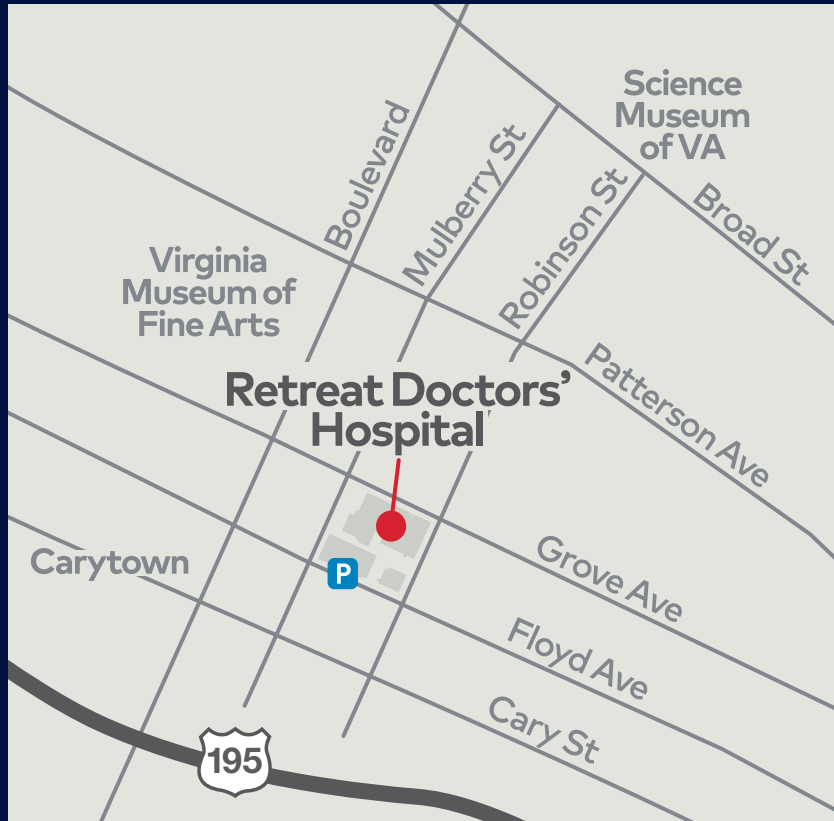
*\*\*Requires a referral from a physician and is donation based*

### ATTRACTIONS

- Virginia Museum of Fine Arts
- Maymont Park
- Lewis Ginter Botanical Gardens
- Carytown Shopping
- The Children's Museum
- The Science Museum
- Short Pump Town Center Shopping
- Kings Dominion
- Byrd Theatre
- Richmond Canal Walk
- Virginia State Capitol

### RESTAURANTS

- Spoonbread Bistro
- Early Bird Biscuit Company
- Brunch
- Acacia Mid-Town
- New York Deli
- Helen's
- Bamboo Café
- Metro Grill
- Curbside Café
- Robin Inn
- The Daily
- Can Can



## **RETREAT DOCTORS' HOSPITAL**

### **Center for Urological Health**

2621 Grove Avenue

Richmond, VA 23220

804-254-5100

[retreatdoctors.com](http://retreatdoctors.com)



# **Retreat Doctors' Hospital**

*Center for Urological Health*

**HCA***Va*

A CAMPUS OF HENRICO DOCTORS' HOSPITAL