



My recent visit to The Urology Center of Colorado (TUCC) provided an informative education on the various urological issues that impact so many men and women. I also learned about the advantages for patients that this fully inclusive urology center offers for complete urological care.

Conveniently located in central Denver, TUCC is the only fully inclusive urology center in the Rocky Mountain region, says Dr. Elias Hsu, the latest physician to join the TUCC staff. This translates to convenience and highly competent care for patients, he adds. I think the facility offers a welcoming environment that is sure to put patients at ease when they walk through the doors. The lobby entrance is wide and gracious with a large slate-backed waterfall that gives a sense of quiet serenity. The floors above contain offices, labs, and a research center.

The clinic provides radiology, laboratory, radiation oncology, and pathology services, as well as clinical research and a modern ambulatory surgery center. TUCC currently has 18 doctors on staff who are known throughout the rocky mountain region for their highly specialized skills.

Dr. Hsu graduated from Yale University cum laude with a Bachelor of Science degree in molecular biophysics and biochemistry and a Bachelor of Arts degree in psychology. He earned his medical doctorate from New York University School of Medicine. His urology residency was completed at Baylor College of Medicine; after which he became a clinical assistant professor. Dr. Hsu's clinical research and interests include male and female urologic cancers, with a strong focus on female urology, including prolapse, incontinence, interstitial cystitis, and urodynamics. All of the physicians at TUCC are board certified or eligible, and have impressive credentials and numerous commendations and accomplishments among them, Dr. Hsu says.

The team has also recently announced Lisa Zwiers, P.A.-C, as a new addition to the clinical team. Lisa has more than 10 years of experience in women's health. Her emphasis is on female urinary incontinence, voiding dysfunction, urodynamic testing and interpretation, and neuromodulation programming. Lisa and Dr. Hsu both focus on the urologic health issues that can be debilitating for many women.

Dr. Hsu explains the many intimidating medical terms to me patiently and completely, and it is apparent that he takes a sincere interest in each of his patients. This personal approach is part of TUCC's goal to deliver exemplary patient care. Dr. Hsu says that among the specific urological issues that impact women, many problems can be easily treated. In the area of incontinence or urge control, for example, many women have adopted the idea that they "just have to live with it," Dr. Hsu comments.

While these urological problems are not life-threatening, they impact a woman's life. There is a sign on the clinic's restroom door that reads, "Do you plan your vacation around the restroom sign?" Many women do not realize that there are relatively simple, nonsurgical, and less invasive surgeries that can help them, Dr. Hsu states. "My goals are to improve female urology treatment for women and to provide compassionate and effective care. Often frustration can lead women to the doctor. They have been experiencing symptoms for a long time, and medications or possibly surgery can be most beneficial." Of-

ten the symptoms have not been properly diagnosed. Once a good diagnosis is made, Dr. Hsu then helps his patient understand her condition and educates her on the treatments that may help her.

The clinic was built for the purpose of delivering the kind of care Dr. Hsu describes, he says. As Dr. Hsu led me through the clinic before patients began to arrive, I could see for myself how this strong coalition of state-of-the-art technology and medical expertise can provide patients with a timely diagnosis and treatment. The pathology lab provides critical information and results to the physician and patient often within hours, and outpatient surgery can be scheduled quickly and conveniently. The clinic also has its own radiology department, including ultrasound and CT scanning technology, as well as the ability to scan for bone density. "This is a new model of urological care," Dr. Hsu states. "It is extremely comprehensive."

The belief that TUCC holds in caring for the whole patient is also illustrated by the staff's commitment to providing a physical therapist onsite to work with patients to help obtain and main-

tain ongoing health. The staff also consists of personnel dedicated to running support groups. For individuals dealing with interstitial cystitis, which is both debilitating and chronic, this kind of support can provide tremendous help in living with the symptoms, Dr. Hsu says. There are also support groups for patients dealing with prostate cancer, bladder cancer, and spinal cord injuries. Ongoing education and lectures are often sponsored by TUCC as well.

Genevieve Smith was recently a patient of Dr. Hsu's. Genevieve is a nurse and she had heard of Dr. Hsu from other health care professionals. "He was so easy to talk to and knowledgeable," she says. "He didn't assume I knew everything because I am a nurse. He gave me options." She consulted with Dr. Hsu, and after a full consultation and a lot of information gathering, Genevieve scheduled surgery at TUCC's surgery center. "It was a great experience," she comments. "The staff was great. As a nurse I know about possible surgical complications, which can lead to anxiety.

Dr. Hsu showed up early for the surgery, and he and his staff put me at ease. He was there post-op as well." Genevieve adds that Dr. Hsu performed the surgery on a non-operative day in order to accommodate her schedule. "The entire staff really went outside the box to accommodate me."

In addition to the support and treatment women can receive for urological issues, let's not forget about the men in our lives. One of the most compelling reasons a man, especially if he is 50 years old or older, visits TUCC is to monitor for prostate cancer. While it is one of the most common cancers, it is also one of the most treatable. According to the American Cancer Society, prostate cancer is the second most common type of cancer affecting American men today. The good news is that because of early detection and advanced treatment options, mortality rates associated with prostate cancer are declining. There are a number of treatment options available, Dr. Hsu says.

If you are dealing with some of the symptoms described here or you have doubts about your urologic health, there is care available. You may want to find out how The Urology Center of Colorado can help you make a positive change in your life. Call 303-825-8822 or visit tucc.com for more information. **WE**

UROLOGY CENTER OF COLORADO

By Kerry Workman



Dr. Elias Hsu