



CENTER FOR UROLOGIC CARE
— OF BERKS COUNTY —

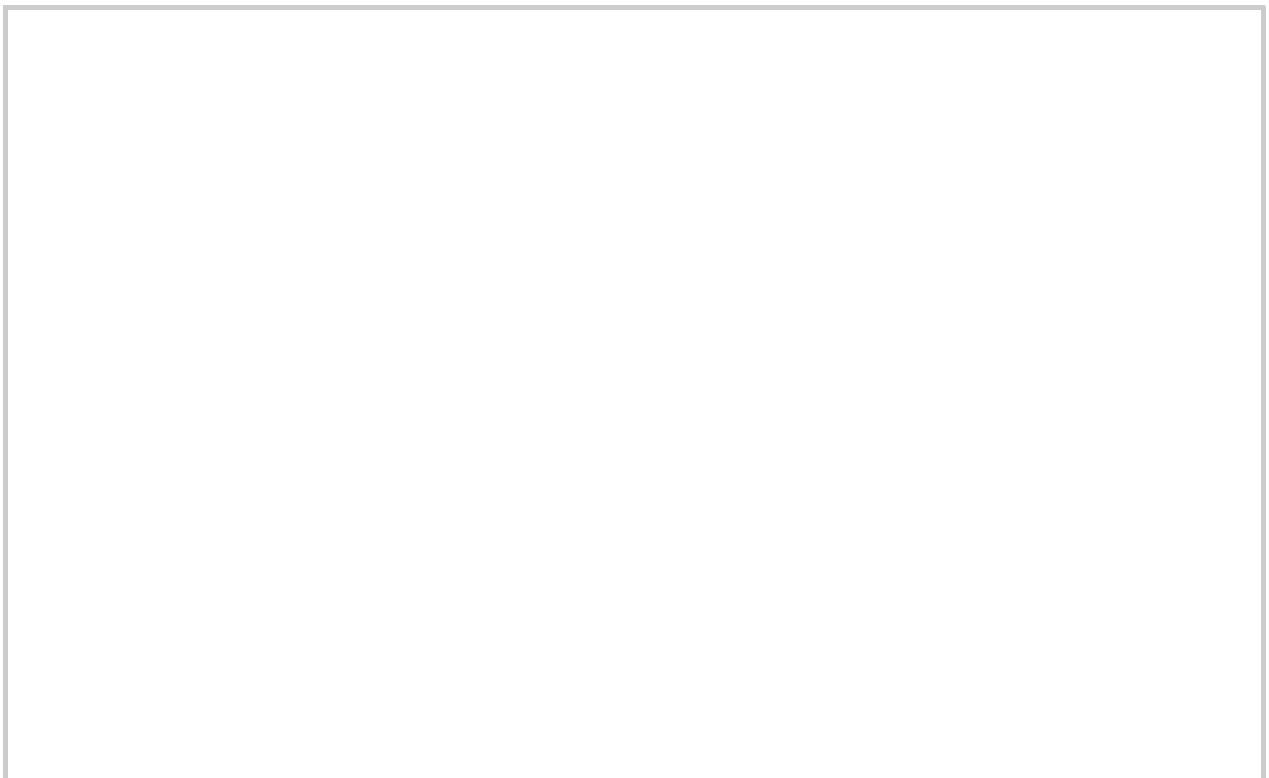


DID YOU KNOW WE HAVE AN
IN-OFFICE DISPENSARY?

PRESCRIPTIONS ARE READY AFTER
YOUR APPOINTMENT.

*SOME RESTRICTIONS MAY APPLY

After your appointment, you'll be able to pick up your medication at our in-office dispensary. Our team is always happy to help answer any questions you may have, so don't hesitate to ask. We want you to feel comfortable and taken care of during your visit with us!





Incontinence is a challenging condition that can significantly impact an individual's quality of life. Fortunately, there are several ways to manage its symptoms and improve overall well-being. Some effective strategies for symptom relief include pelvic floor exercises, bladder training, medication, and surgery in severe cases. Additionally, lifestyle changes such as avoiding caffeine and alcohol, maintaining a healthy weight, and staying hydrated can also help manage incontinence symptoms. It's important to work closely with a healthcare provider to determine the most appropriate treatment plan based on the individual's specific needs and medical history. With the right approach, it is possible to achieve greater comfort and confidence in daily life.



Meet Jaimie Heckman, CRNP



Why Do Men Choose Vasectomy Reversals?

Many men who have undergone a vasectomy have later expressed a desire to have it undone. Experts estimate that 6% to 15% of men who have vasectomies eventually have a change of heart and undergo a vasectomy reversal, a procedure that makes pregnancy possible again. Vasectomy reversal, while a complex procedure, offers many men a second chance at natural conception.

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