



CENTER FOR UROLOGIC CARE  
— OF BERKS COUNTY —

## *Happy Retirement, Dr. Monath!*



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"It is with a mixture of sadness and excitement that I announce my retirement from urology practice after a total of 30 years, with the last 8 years at the Center for Urologic Care of Berks County. The fond memories from sharing this journey with so many delightful patients and colleagues will remain with me forever, and will always bring a smile to my face as I reminisce about our singular time together. I am truly blessed to have known each and every one of you. Godspeed everyone!"



*James Monath,*  
MD, FACS

# What's holding you back from making your next appointment?

Making your yearly appointment, whether it's with a primary care physician or another healthcare professional, is crucial for maintaining overall health and well-being. Here are several reasons why you should prioritize these annual check-ups:

- **Early Detection of Health Issues:** Annual check-ups often include screenings for various conditions like hypertension, diabetes, high cholesterol, and cancers. Early detection can significantly improve treatment outcomes.
- **Preventive Measures:** Identifying risk factors early allows for interventions that can prevent the development of serious health issues.
- **Health Education and Lifestyle Advice:** Healthcare providers offer valuable advice on maintaining a healthy lifestyle, including diet, exercise, stress management, and quitting smoking or reducing alcohol consumption.
- **Updating Medical Records:** Keeping your medical records up to date ensures that any healthcare provider you see has the most current information, which is vital for accurate diagnosis and treatment.
- **Peace of Mind:** Knowing that you are taking proactive steps to monitor and maintain your health provides peace of mind, reducing anxiety about potential health issues.

Appointment Request  
Form

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## Pelvic Floor Disorders

Pelvic floor disorders (PFDs) are a group of conditions that affect the pelvic floor, which is the group of muscles, ligaments, and connective tissues that support the pelvic organs (bladder, uterus, vagina, and rectum). These disorders are more common in women but can also affect men.

### Types of Pelvic Floor Disorders:

Pelvic Organ Prolapse (POP):

- Occurs when one or more of the pelvic organs drop from their normal position and push against the walls of the vagina.

Urinary Incontinence:

- Involuntary leakage of urine, which can occur during activities such as coughing, sneezing, or exercising (stress incontinence) or with a sudden, intense urge to urinate (urge incontinence).

Fecal Incontinence:

- Involuntary leakage of stool or gas.

Pelvic Pain:

- Chronic pain in the pelvic region, which can be due to muscle spasms or other underlying conditions.

### Prevention:

Regular Pelvic Floor Exercises:

- Consistent practice of Kegel exercises to strengthen the pelvic muscles.

#### Healthy Diet:

- High-fiber diet to prevent constipation and avoid straining.

#### Weight Management:

- Maintaining a healthy weight to reduce pressure on the pelvic floor.

#### Proper Lifting Techniques:

- Using correct body mechanics to avoid straining the pelvic floor muscles.



**Welcome Dr. Jacob Lucas, DO!**  
**[Click To Learn More About Our Newest Physician!](#)**

## **Vasectomy Reversal**

Vasectomy reversal is a procedure carried out to undo the process of vasectomy. It is done by reattaching the two cut ends of vas deferens together or in some cases, by directly attaching vas to the epididymis.

**[Click To Read More](#)**



*Happy 4th of July!*

Our office will be closed July 4th & July 5th.

We will reopen Monday, July 8th at 8:00am.



CENTER FOR UROLOGIC CARE  
OF BERKS COUNTY

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