

February 21, 2024

Good Morning -

Today's Wellness Wednesday is going to be presented a little differently. Instead of just one video – we have multiple videos for you to peruse. Such a deal!

This week we are sharing information from doctors, about subjects that effect men and women. Below are some quick descriptions of the topics and a link to an informational video with a doctor that specializes in the treatment of that topic. There is also a link to help you to find specialists in your area (zip code search). We hope you find this informative and helpful.

**Life After Prostate Cancer:** Prostate Cancer is one of the leading cancers among Firefighters over the age of 40. One year following Prostate Cancer Surgery studies suggest that 9-16% of men will have persistent stress urinary incontinence and within the first two years 10-46% will have erectile dysfunction. Please [Click Here](#) to hear Dr. Shawn Blick (Board Certified Urologist at Valley Urologic Associates) address the latest treatment options available. Visit <https://www.edcure.org/understanding-ed/prostate-cancer/> for more information and to find a provider in your area.

**Erectile Dysfunction:** Stressors from firefighting can lead to an increased risk of intimacy issues and sexual dysfunction. In the United States alone, more than 39 million men suffer from erectile dysfunction. Please [Click Here](#) to hear Dr. James Furr (Board Certified Urologist at OU Health) address the Signs, Symptoms and Treatment options of Erectile Dysfunction. Visit <https://bit.ly/findyourEDCURE> for more information and to find a provider in your area.

**Male Urinary Incontinence:** 6 million men in the U.S. suffer from incontinence. Managing bladder problems at work can create additional stress and disrupt productivity. Please [Click Here](#) to hear Dr. John Terrell (Board Certified Urologist at Baptist Health) address the Signs Symptoms and Treatment options of Male Urinary Incontinence. Visit <https://bit.ly/FIXINCONTINENCE> for more information and to find a provider in your area.

**Female Urinary Incontinence:** 18.1% of all fire fighters in the US are women and 1 in 2 adult women has urinary incontinence. Please [Click Here](#) to hear Dr. Elizabeth Williams (Board Certified Urologist at Urology of St. Louis) address the Signs, Symptoms and Treatment options of Female Urinary Incontinence. Visit <https://bit.ly/ChooseYOUpelvicfloor> for more information and to find a provider in your area.