

Healthy Lifestyles

A special advertising section inside the edition of Feb. 3, 2021

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\$500

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Circulation and Demographics

Zip	City	Residence	Business	Rack	Total copies delivered
94549	Lafayette	9,760	988	900	11,648
94556	Moraga	5,593	301	400	6,294
94563	Orinda	6,840	378	400	7,240
94595	Walnut Crk	944	0		944
94572	Saint Mary's		100		300
		23,137	1,767	1,900	26,126



Independent, locally owned and operated!

Deadlines:

Available space will be allocated on a first come, first served basis.

Ad copy due:

Friday, Jan. 22, 2021

Section delivered:

Wednesday, Feb. 3, 2021

(Summer edition: June 9, 2021)

Fall edition: Sept. 29, 2021)

Please call or email:

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Wednesday, Oct. 4, 2017 www.lamorindaweekly.com 925-377-0977 LAMORINDA WEEKLY Page: B5

When you need a doctor and you need one now

By Nick Marcelli

SAGE STUDIO SPA
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Luxurious Body Treatments
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Facials
By appointment only
www.sagespa.com

Diablo Acupuncture
Experience the Difference
Dr. Sophia Schefel, LAc has received both her masters and doctorate in acupuncture and Chinese Medicine. Dr. Schefel treats all types of conditions including allergies, asthma and immune disorders, sleep, anxiety, depression, pain, and emotional imbalances as well as oncology support. She's a Lamorinda native, having graduated from LHS in 1998 and started to run her practice back in 2006.

It is not a coincidence that our acupuncture clinic is located on the corner of the old town center, directly across the street from the closed Sister Marcelli's. When we first opened our doors in 2006, we projected we would see 100 patients a week. "This exceeds our projections and the number of patients continues to grow," said Dr. Schefel. "We are also seeing more patients from Lake Mary, Pleasanton, and the surrounding areas, not just Lamorinda, due to the increased volume of patients."

The success of the clinic is due to delivering what our patients expect, as according to the Urgent Care Association of America, the average patient expects to see a provider in 30 minutes or less, and patients are more likely to be satisfied with their care if they are seen within 30 minutes of their appointment. There are more than 3,000 urgent care centers in the U.S., and the number is growing rapidly, especially in the last two years.

Urgent care facilities tend to be located in high-visibility, consumer-accessible locations, which may explain why two centers have opened in Orinda and in Lafayette this year. "We are seeing a lot of growth in urgent care facilities for those kinds of businesses in my five year history," said Dr. Schefel.

The first Lamorinda urgent care center or "one-stop shop" for medical needs" opened in Lafayette in 2016. "It is a medical hub," says Dr. Schefel. "It is a one-stop shop for urgent care and primary care. It is a medical hub."

Urgent care facilities are not new, but the recent growth in popularity has led to more urgent care centers opening. "It is a trend that is here to stay," says Dr. Schefel. "It is a trend that is here to stay."

Others are also opening. "We will open an urgent care center in the fall of 2017," says Dr. Schefel. "Our urgent care centers are a great way to help reduce health care costs. The Sutter Health Urgent Care Center in Lafayette is currently closed, but is set to open in 2018. The Sutter Health Urgent Care Center in Orinda has been temporarily closed due to challenges with doctor staffing, according to company spokesman. "We are not closing the Orinda center, but the physician's office is our highest priority and we won't compromise our patients' care," says Dr. Schefel. "We have to have the necessary clinical staffing levels at this location. We are not."

"All companies mentioned in this article stress that, while all minimally invasive therapies for BPH are safe, they can cause chronic diseases or injuries. If you encounter a rare medical condition or side effect, contact your doctor immediately. Emergency endoscopy treatment is provided in Lamorinda by Dr. Patricia Frost, a urologist with Pacific Urology, Costa County Fire Protection District, which according to Patricia Frost, director of emergency medical services for the district, "is the only one in the area that has the ability to respond to medical emergencies."

"We will transport patients from the urgent care center to a hospital," said Dr. Schefel. "And MOFD Fire Chief Larry Lee.

Prostate Relief With Rezum

By Judson Brandeis, MD



As a urologist, one of the most common urological conditions I treat is benign prostatic hyperplasia (BPH) or enlarged prostate. This condition can happen to all men as they get older. It is a problem because as the gland enlarges, it presses on the urethra and causes urination problems such as a weak stream, difficulty starting urination, and/or frequent urination.

In the past, the standard of care for BPH has included medication and/or surgery. Men are typically started on medication and given a chance to see if the medications improve their symptoms. Some men notice considerable improvement in symptoms with medication, while others do not. Some men experience side effects that some men do not tolerate well. Therefore, some men prefer minimally invasive procedures to reduce enlarged prostate symptoms.

Our office has performed BPH surgery that is minimally invasive heat therapies.

Thermotherapy delivers targeted heat within the prostate with either radiofrequency or microwave energy to reduce excess prostate tissue. This procedure requires only local anesthesia and is an outpatient procedure. The heat from the procedure has been performed and can resume normal activities within a few days.

A more recent technological advancement with the most promising results is the Rezum water vapor therapy. Rezum water vapor therapy is a safe and effective office procedure that uses a probe to deliver a few drops of water to treat the symptoms of BPH with minimal side effects. The probe is inserted into the prostate while the patient is in a seated position and remains in the prostate for a few days, and see BPH symptom improvement as soon as two weeks. We are the first urology group in the area to be trained to perform the Rezum water vapor therapy.

These minimally invasive therapies are ideal for patients who fail medications or do not want to take daily medications for the rest of their lives. If you have BPH, you should have a yearly visit to monitor your symptoms and the effects changes in treatment.

Dr. Brandeis is a Board Certified Urologist with Pacific Urology and one of the first urologist in the area to be trained to perform the Rezum water vapor therapy. He has extensive experience in treating all urologic conditions and has performed numerous Rezum water vapor treatments, prostate cancer and kidney stones. For more information call 925-937-7740 or visit www.PacificUrology.com



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