



**St. Elizabeth's Hospital  
Marketing Department**

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FOR IMMEDIATE RELEASE

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**GREENLIGHT™ LASER PROCEDURE DISCUSSED DURING  
PROSTATE HEALTH MONTH EDUCATIONAL PROGRAMS**

*Belleville* – With more than 30 million men suffering from prostate conditions, it is important for both men and women to understand the issues related to prostate health. September is Prostate Health Month and St. Elizabeth's Hospital is offering two informational programs to educate the community on health risks and treatments of prostate issues plus a free Prostate Cancer Screening event.

On **Tuesday, September 1, 2009**, Dr. Kostantinos Psihramis, of Belleville Urology Associates, will discuss a new procedure for Benign Prostatic Hyperplasia (BPH), also known as an enlarged prostate. The presentation, *GreenLight™ Laser Treatment for Prostatic Enlargement*, will be held in the Millennium Room of the hospital at 7:00 p.m. (Convenient parking available at the back of the hospital, outside the Southern Illinois Heart Institute Building).

BPH is a non-cancerous enlargement of the prostate, which presses on

the urethra and can obstruct the flow of urine. Health issues related to an enlarged prostate include frequent urination, sudden urge to urinate, weak urine flow and other urological symptoms.

GreenLight™ Laser Therapy is a procedure performed with a small fiber that is inserted into the urethra through a cystoscope. The fiber delivers high powered laser energy that quickly heats up the prostate tissue, causing the tissue to vaporize. The result is a wide open channel for urine flow to pass through with fewer side effects, including erectile dysfunction and bleeding, associated with other surgical procedures.

A second GreenLight™ presentation, by Dr. Christopher Arett of Belleville Urology Associates, will be at 11:30 a.m. on **Thursday, September 17** during the monthly **Lunch with the Doctor** program at SWIC-Programs and Services for Older Persons, 201 North Church Street in Belleville. Reservations are requested. Please call 234-4410, ext. 7015.

Finally, **free Prostate Cancer Screenings** will be held on **Tuesday, September 29, 2009** from 5:00 p.m. to 7:30 p.m. at Belleville Urology Associates, 301 West Lincoln, Suite 101 in Belleville. Screenings will be available for men between the ages of 40 and 75 years of age who have not seen a urologist or had a digital exam in the past year. Reservations are required. To set an appointment time, call 618-641-5803.

For more information on any of these events, contact Community Wellness Coordinator Mary Frierdich at 618-234-2120, ext. 1156.

**About St. Elizabeth's Hospital** St. Elizabeth's Hospital, in Belleville, IL, maintains a Gold Seal of approval from the Joint Commission. The hospital was founded by the Hospital Sisters of the Third Order of St. Francis in 1875. Today, we continue their mission: to provide care for the sick and needy with a spirit of respect, care, competence and joy. St. Elizabeth's Hospital provides over \$44 million of uncompensated benefits and services for the poor, elderly, disabled and broader community in general. For more information please contact Kelly Barbeau at 618.234.2120, extension 1270.

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