

Introducing: The UroPlan Active Restoration Roadmap

*Great outcomes are rarely an accident.
They are the result of planned, purpose-driven effort.*

This is a concept that holds true for many things, including the recovery and maintenance of sexual and urinary function following pelvic surgery. Although the factors that affect men's outcomes are complex and nothing is guaranteed, the UroPlan Active Restoration Roadmap equips men with the tools they need to achieve their best chance at recovery as well as solutions should any further improvement be needed following the recovery period.

This program has been developed using the latest clinical insight and research. The 3 key steps of the Active Restoration Roadmap are known as the "3 P's": **Preserve**, **Perform**, and **Prevail**. A brief summary of each step is provided below with more detailed handouts on each step to follow. Please visit www.indymenshealth.com/services/uroplan/ to watch our UroPlan videos and for electronic versions of each of these handouts.

Step 1: Preserve

Our foremost goal is to **preserve** the level of sexual and urinary function that men have prior to surgery. This part of the program starts even prior to surgery and is maintained throughout the recovery period. Using a combination of oral medication and a vacuum device for daily penile exercise, the **preserve** portion of the UroPlan Active Restoration Roadmap is designed to maintain the health and size of penile tissue as the pelvic nerves recover from surgery. Men are also provided with education regarding pelvic floor exercises to help increase the chance for early return of urinary control.

Step 2: Perform

Recovery following surgery takes time. However, many men are eager to regain as much quality of life as soon as possible and **perform** as soon as they can. Although the pelvic nerves that supply erections can take several months to 'wake up', this portion of the UroPlan Active Restoration Roadmap gives men the means to **perform** sexually during this time. These sequential options include additional oral medication, penile injection therapy, and the use of the vacuum erection device in combination with a constriction band for sexual performance, rather than just penile exercise.

Step 3: Prevail

Our final goal with the UroPlan Active Restoration Roadmap is to help you **prevail** over the side effects that come along with your cancer treatment. Starting 3 months after surgery, you'll have regular follow-up with our Men's Health Center team to evaluate your progress. A customized treatment plan is created and your improvement is tracked over time. With the strategies listed above, many men will regain full sexual and urinary function. However, for those men who still need or desire further improvement, we offer a number of minimally-invasive and life-changing outpatient procedures to revitalize men's sex lives and pelvic health! You can learn more about these options at www.indymenshealth.com. With the UroPlan Active Restoration Roadmap, you can beat your cancer AND get the quality of life that you deserve!

If you have any questions throughout your recovery period, please do not hesitate to call our Men's Health Center at (317) 564-5104. Please see the following handouts on each of the above steps in the folder that was provided to you. Copies of these handouts and our UroPlan videos can be found at www.indymenshealth.com/services/uroplan/.



Scan the above QR code with your smartphone to visit www.indymenshealth.com/services/uroplan/ where you can watch our UroPlan videos and download electronic versions of each of our handouts.