

## Our Practice

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Welcome to The Austin Diagnostic Clinic Urology. Our physicians are highly trained in traditional medical and surgical urologic options as well as offering the latest in technologically advanced, minimally invasive techniques. In all cases, your physician will discuss your options and what procedure or treatment is best for you.

### General Urology

Urologists are able to evaluate, diagnose, and prescribe treatments for urinary incontinence, difficulty with urination due to prostate enlargement, erectile dysfunction, kidney stones, and malignancies of the kidney, ureter, bladder, prostate, and testicles.

### Kidney Stones

Kidney stones can be a result of many different things. Some stones can pass spontaneously, depending on their size and location. Other stones can dissolve with medications. And still others, may require a procedure to help remove or pass them, including non-invasive shock-wave lithotripsy and ureteroscopy (a pencil-thin scope that can break a stone using laser technology). Larger stones may require surgery.

### Erectile Dysfunction (ED)

ED is common. Nearly 50% of men have some degree of ED by age 60. Therapy may include oral medications, vacuum devices, injectable agents, or surgical procedures. In most cases, there is a successful treatment for ED.



### Urinary Incontinence

More and more women are being diagnosed with urinary incontinence. Simple incontinence can often be improved with biofeedback and physical therapy, while more significant incontinence can often be improved with an outpatient 'sling' procedure. This gives the urethra additional support. Still other incontinence can

be the result of pelvic prolapse or other situations where the pelvic organs have descended from their normal positions.

### Vasectomy

This sterilization procedure is done over 500,000 times a year in the US. It is a simple, 35 minute procedure, that is done in the office. Most patients experience very little discomfort. The incisions are generally very small and a local anesthesia is used. There is minimal impact on your busy work schedule. Most of our cases are performed on Fridays, giving you the weekend to recuperate.

### Enlarged Prostate (BPH)

BPH, or benign prostatic hypertrophy, is a common reason for decreased force of urinary stream, hesitancy, and urinary dribbling. Treatments include medical therapy, as well as the newest laser technology to remove obstructing prostate tissue.

### Kidney Cancers

More cancers of the kidney are being discovered incidentally, or in the process of x-ray studies being done for another reason. Depending on the size and location of the tumor, many of these tumors can be removed laparoscopically through small key-hole incisions. Also, many of the smaller tumors can be removed with a technique called partial nephrectomy. This procedure saves the remaining

normal kidney, while only removing the portion involved with tumor.

### Prostate Cancer

With annual PSA testing, prostate cancer is being diagnosed earlier than before. This allows for many more treatment options. Options include, observation, hormonal therapy, radiation therapy and surgery. The Austin Diagnostic Clinic offers the latest surgical therapy, Robotic Laparoscopic Prostatectomy, which allows the surgeon to perform a precise procedure with reduced blood loss.

## Office Procedures

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### Appointments

Our office hours are 8:00 am to 5:00 pm. Monday through Friday. If you are a new patient, please arrive a few minutes early to complete patient history information. We also ask that you bring your insurance card with you to each visit and notify us of any changes in your address, phone number or insurance information. Please notify us as soon as possible if you need to cancel your appointment. A late arrival might make it necessary to reschedule your appointment. If your physician is delayed due to an emergency, a longer than expected surgery or other circumstances, we will make every effort to contact you prior to your arrival or explain the situation

when you check-in. If you are unable to wait, we will be happy to reschedule your appointment. Established ADC patients can request an appointment online through e-Access. For more information please visit our website [adclinic.com](http://adclinic.com) or ask our business associates.



### After Hours Emergencies

To reach the ADC urologist on-call, please dial 901-1111. If your emergency is life-threatening call "911".

### Prescription Refills

If you need a refill on any medication, contact your pharmacy and they will notify us. Allow 24-48 hours to process your refill.



### Insurance

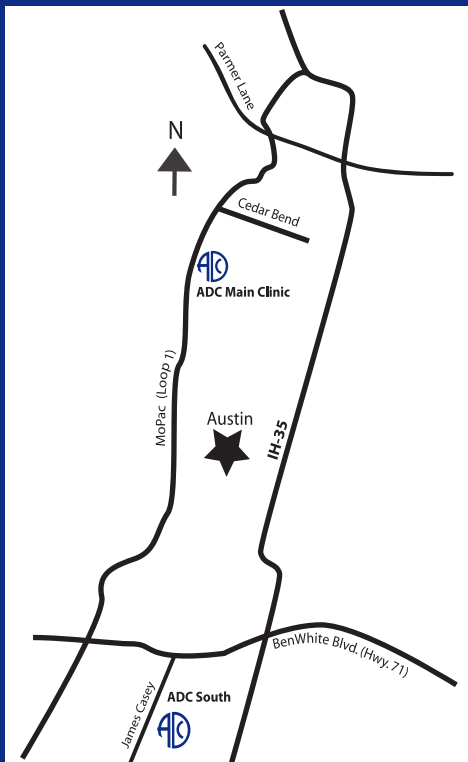
Urologists are considered specialists by many insurance plans. Your insurance may require you to have a referral to see us. Please check with your insurance provider prior to scheduling an appointment. This will ensure that your care will be covered and your cost minimized. As a rule, managed care plans will not process retroactive referrals. A referral from your primary care physician may take 48-72 hours. We are unable to schedule your appointment without this referral.

### Payment for Services

All co-pays are due at the time of service. Payments for non-covered services are due at the time of your visit unless prior arrangements have been made. If you have any billing questions please contact our Business Services Department at 901-4600.

*For more information please  
call us at 512/901.4021  
or visit our website at  
[adclinic.com/urology](http://adclinic.com/urology)*

# Urology



**The Austin Diagnostic Clinic  
Urology Department**  
12221 MoPac Expressway N.  
Austin, TX 78758-2483

4315 James Casey St.  
Austin, TX 78745

**Appointments**  
512/901-4021

**Office Hours**  
Monday through Friday  
8:00 am to 5:00 pm

**Provider**  
Joy Nielsen, MD



 **The Austin Diagnostic Clinic**  
Let Our Family Care for Your Family

## Our Provider



### Joy Nielsen, M.D.

Dr. Nielsen received her medical degree from the University of Colorado School of Medicine in Denver. She completed her internship and residency in urologic surgery at Tulane University School of Medicine in New Orleans.

Dr. Nielsen is board certified by the American Urological Association.

### Helpful Links:

#### General Urology Information

[www.urologychannel.com](http://www.urologychannel.com)

[www.afud.org](http://www.afud.org) (American Foundation for Urologic Diseases)

#### Impotence and Erectile Dysfunction

<http://www.visitams.com/patients/index.asp> (Sexual Dysfunction)

#### Incontinence

[www.nafc.org](http://www.nafc.org) (National Association for Continence)

[www.neocontrol.com](http://www.neocontrol.com) (Non-invasive therapy for urinary incontinence)

#### Interstitial Cystitis

[www.ichelp.com](http://www.ichelp.com)

[www.ic-network.com](http://www.ic-network.com)

#### Prostate Diseases (Cancer, BPH, Prostatitis)

[www.ameripros.org](http://www.ameripros.org)

[www.ustoo.com](http://www.ustoo.com)

#### Prostate Problems

[www.proscar.com](http://www.proscar.com)

[www.prostatehealth.com](http://www.prostatehealth.com)



For additional information about  
The Austin Diagnostic Clinic, our doctors  
or services, please visit us at  
[adclinic.com](http://adclinic.com)