Stefaniak earns UroLift Center of Excellence recognition

Dr. Heather Stefaniak, a urological surgeon with Aurora BayCare Medical Center, has received UroLift Center of Excellence recognition.

Stefaniak and Aurora BayCare Urological Surgeons offer UroLift, a minimally-invasive treatment, to aid men with enlarged prostate. It lifts enlarged prostate tissue and holds it out of the way, preventing tissue from blocking the urethra, a key symptom of an enlarged prostate.

The designation recognizes that Stefaniak achieved high-level training and experience with the UroLift System and demonstrated a commitment to exemplary care for men suffering from symptoms associated with enlarged prostate.

Nationwide, only 134 urologists have earned Center of Excellence recognition.

An estimated 3 million American men are diagnosed with enlarged prostate each year.

As men age, their prostate – a small gland that is part of the male reproductive system – starts to grow. It is a normal part of aging for most men. This gradual growth often results in urologic issues including:

- Frequent need to urinate both day and night
- Weak or slow urinary stream
- A sense that you cannot completely empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream that stops and starts

During a UroLift treatment, the urologist places implants to hold the prostate lobes apart, like curtain ties. The implants relieve compression on the urethra, allowing urine to flow normally. The treatment is performed in the operating room while the patient is under sedation. Typically, patients return home the same day.

“The UroLift treatment has an excellent safety profile and provides men suffering from an enlarged prostate a beneficial first-line treatment alternative to drug therapy or more
invasive surgery,” Stefaniak says. “Importantly, it provides fast and meaningful relief from symptoms of an enlarged prostate, improving our patients’ overall quality of life.”

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**About Aurora BayCare**

_Aurora BayCare Medical Center_ is a 167-bed, full-service tertiary care hospital located at 2845 Greenbrier Road on Green Bay’s east side. It opened in September 2001 as a joint venture of Aurora Health Care and BayCare Clinic. Aurora BayCare is committed to creating a better way to provide high quality tertiary healthcare, the latest in medical technology and superior service.

**About Aurora Health Care**

_Aurora Health Care_ is a not-for-profit Wisconsin-area health care provider and a national leader in efforts to improve health care quality. Aurora offers services at sites in more than 90 communities throughout eastern Wisconsin and northern Illinois. Aurora is Wisconsin’s most comprehensive health care provider and the state’s largest private employer. Aurora serves more than 1.2 million patients every year via a comprehensive network of facilities, services and providers, including 15 hospitals, 159 clinics, 70 pharmacies and 30,000 amazing Caregivers. As evidenced by more than 400 active clinical trials, Aurora is dedicated to delivering innovations to provide the best possible care today, and to define the best care for tomorrow. Get helpful health and wellness information via the _Aurora MyHealth blog_, our _Facebook_ page, our _Twitter_ account and our _Pinterest_ account.

**About BayCare Clinic**

BayCare Clinic, _baycare.net_, is the largest physician-owned specialty-care clinic in northeastern Wisconsin and Michigan’s Upper Peninsula. It is based in Green Bay, Wisconsin. BayCare Clinic offers expertise in more than 20 specialties, with more than 100 physicians serving in 16 area communities. BayCare Clinic is a joint partner in Aurora BayCare Medical Center, a 167-bed, full-service hospital. Follow BayCare Clinic on _Facebook_ and _Twitter_.

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