



OPEN BOOK

In her latest release, *The Unfettered Urologist*, author and retired physician Martha Boone, MD shares the medical advice you won't get in a standard, fifteen-minute office visit.

BY LAURA SCHOLZ

When board-certified urologist Dr. Martha Boone (marthaboone.com) retired, she did her best to match patients with top experts in the area. But she continued to receive calls from patients, their family members and even referral doctors with questions about their health concerns and potential treatment options.

"It seemed that most wanted the benefit of my 35 years of experience, combined with my intuition, my ability to think outside of the box, my willingness to consider alternative treatments, my sensitivity to the costs of therapy and my open-mindedness about new treatments not offered at their urology visit."

She calls her latest release, *The Unfettered Urologist*, a "love letter" to her former patients. Part memoir, part expert tome, the book includes all the medical advice she couldn't pack into a standard, fifteen-minute office visit.

"Pelvic pain, bladder pain, pelvic floor dysfunction, interstitial

cystitis and endometriosis can be poorly diagnosed and treated by generalists," explains Boone. "I offer self-care to these patients, which can [help them] avoid expensive and invasive testing."

She also cautions against overusing antibiotics to treat common ailments and smoking, which can cause bladder cancer and erectile dysfunction. The book also discusses prevention and alternative treatments—including holistic options like meditation, acupuncture and supplements—that can help reduce office visits, costs and complications.

"I discuss the ways in which the body is brilliant at healing itself if we give it what it needs," she says.

On October 24, catch Boone at a multi-author event hosted by A Novel Idea at Brimstone Restaurant and Tavern in Roswell. Her second novel, *Mother Charity*, the sequel to *The Big Free*, about her time as a general surgery resident at Charity Hospital in New Orleans, will be released next spring.