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Breaking Barriers in Urological Health: A Specialist's Mission

When focusing on personal wellbeing, urinary health is often overlooked until it becomes a debilitating challenge. Millions of Americans suffer from urinary conditions that cause chronic pain, frequent urination, and disrupted sleep—all of which impact their daily lives and overall wellbeing. These types of conditions not only cause physical discomfort, they can also affect personal and social aspects of life, leading to feelings of distress and isolation.

Dr. Akshay Sridhar of Rocky Mount Urology Associates stands out as a provider on a mission to help patients address these challenges. A champion for urinary health, particularly men's health, Dr. Sridhar is committed to providing relief through advanced, innovative treatments.

"Some of my achievements in the field of urology are not necessarily personal," Dr. Sridhar explained. "Rather, I consider it an achievement when I have the privilege of seeing the positive outcomes of my patients through an improved quality of life."

Dr. Sridhar's passion for urology developed over time—an evolution shaped by his diverse medical background.

"I was drawn to procedural specialties, given my background in biomedical engineering," he said. "So, I initially went into medical school with the intent to become a cardiologist."

Encouraged by a close friend and urology resident, he explored the field and was captivated by its scope, ranging from minimally invasive procedures to complex surgeries.

"In addition to performing procedures in the operating room, urologists treat a variety of conditions in the outpatient clinic setting. This combination of treating patients in both the operating room and the clinic solidified my decision to pursue urology," he shared.

His time in the medical device industry before fully transitioning into medicine further refined his perspective.

"Prior to medical school, I obtained two engineering degrees and worked briefly in the medical device industry. Transitioning to the memorization-heavy nature of medicine was a challenge I had to overcome," Dr. Sridhar reflected.

However, this foundation now serves as an asset, allowing him to apply a rigorous, analytical approach to urology—one that prioritizes precision, problem-solving, and innovation. His expertise continues to drive better patient outcomes, ensuring those who seek his care receive the highest quality treatments available.

Often describing him as empathetic and attentive, Dr. Sridhar's patients share that he listens closely to their concerns, thoughtfully considers their conditions, and develops personalized treatment plans to address their symptoms while upholding their dignity. One patient, Mr. Jones, recounted his long history of frustration before finding Dr. Sridhar:

"For over a decade I dealt with recurring bladder infections. The medications and catheters weren't solving the problem. But Dr. Sridhar took a different approach. He worked to get to the bottom of the issue and figured out what was best for me. Now, that issue is resolved. He's incredibly focused on fixing the problem and making sure his patients get the best care possible."

As part of his unwavering commitment to improving men's health, Dr. Sridhar actively pursues superior, minimally invasive solutions that offer lasting relief. Specializing in the treatment of benign prostatic hyperplasia (BPH)—a condition that can significantly disrupt daily life—he has helped countless patients regain control and improve their well-being.

"I am most passionate about treating men with BPH," he shared. "Seeing my patients reclaim their lives without the drawbacks of traditional therapies is profoundly rewarding. Many assume their symptoms are just a normal part of aging, but after thoughtful discussion and education, I help them realize they don't have to continue to suffer."

The stories of his patients are testaments to Dr. Sridhar's transformative care. Mr. Smith, who struggled with BPH-related sleep disruptions, found remarkable relief. Initially, he suffered from medication side effects, but Dr. Sridhar's willingness to adjust treatments led to significant improvements.

"The experience was wonderful—Dr. Sridhar was welcoming, warm, and genuinely interested in how I was truly feeling, cutting through the superficial to really understand my struggles," Smith recalled. "You

tell yourself it's going to get better, and it does. That's exactly what happened," he reflected with a renewed sense of hope.

Mr. Wingfield, who suffered from an enlarged prostate, underwent the UroLift™ System procedure, a minimally invasive treatment designed to relieve BPH symptoms. The procedure was efficient and well-organized, allowing him to return home the same day.

"I no longer have to deal with a catheter," he shared gratefully, highlighting how significantly his life had improved.

He now enjoys less frequent and more complete bathroom visits and commends Dr. Sridhar for his reliability and care.

"He does what he says he's going to do. He's a good doctor, and a good person," Wingfield added.

Recognized for his expertise and commitment to advancing men's health, Dr. Sridhar is among a select group of physicians in North Carolina who have achieved the UroLift™ Center of Excellence distinction for providing the highest level of care for patients with BPH. His dedication to staying at the forefront of treatment options ensures that men seeking relief from prostate conditions have access to the most effective solutions available.

"Urology is about more than just medicine—it's about restoring freedom," said Dr. Sridhar. "My passion for urology comes from seeing the real impact that personalized, effective treatment can have on my patients' lives. I want them to wake up each day without worrying about discomfort or limitations. Too often, men suffer believing their symptoms are just something they have to live with. My job is to show them they don't. Every patient deserves options, relief and the chance to get back to living life on their terms. That's what drives me every single day."

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— Mr. Smith



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