

Female Pelvic Medicine at the Women's Clinic, Ltd.

Who suffers from bladder control problems?

Over 13 million American adults suffer with urinary leakage, frequency of urination, or painful urination. Bladder control problems often begin after childbirth; however there are many other risk factors associated with bladder control problems. Some of these factors are medications, smoking, high impact physical activity, pelvic muscle weakness, and drinking certain types of fluids.

What are the different types of bladder control problems?

Stress Incontinence is a small amount of leakage when you cough, sneeze, laugh, change positions, exercise, or lift heavy objects.

Urge Incontinence is leakage of urine with a strong urge to urinate. Some people also call this an overactive bladder. A good example of urge incontinence is coming home and putting your key in the front door and all of the sudden you get a strong urge to urinate, and then you can't quite make it to the bathroom.

Urinary frequency without urinary leakage. It is normal to urinate approximately 6-8 times during a 24-hour period. Urinary frequency is urinating more than every 2 hours. If you are getting up more than 2 times at night, this is not normal. Some patients will express they "know where every bathroom in town is and can't even sit through a movie."

Seeking help?

Most women wait 9 years before seeking treatment. Many individuals are more afraid of treatment than of living with the problem. Some have even stated "I can't believe I waited so long to see you for this."

Treatments offered at the Institute for Female Pelvic Medicine.

Our female pelvic medicine trained physicians, Dr. Neena Agarwala, Dr. Stephen Fehnel, nurse practitioner, Cathy Seyfert, MSN, CRNP and uro-gyn team nurses will work to provide a thorough evaluation and diagnosis of your problem. The Continence Program consists of 4-6 visits to the office over a 3 to 6 month period of time. The initial visit will take one hour and the remaining visits typically take 30 minutes. During the initial visit an assessment of your problem, the following will occur: reviewing or completing a questionnaire, a further history of the problem, review of past medical problems, teaching on how the normal bladder or bowel works, testing of your urine and a physical exam. The nurse practitioner will work closely with you to decide your goals and plan of care. Non-surgical treatment services are provided based on the federal guidelines on urinary incontinence. Some of these treatment options are education, bladder retraining, pelvic muscle re-education, biofeedback, stimulation therapy, diet modification, and when necessary medication. These methods are effective in improving incontinence, regardless of age.

Dear _____:

Welcome to our Female Pelvic Medicine Program at Women's Clinic, Ltd. This letter is to give you an understanding of what to expect while participating in the program. Enclosed is an informational sheet and brochure for you to review. We have scheduled your first appointment with the Women's Clinic, Ltd. Suite 245 in the Doctor's Office Building at The Reading Hospital and Medical Center on:

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Dr. Agarwala has joined the Women's Clinic, Ltd. to practice minimally invasive gynecology and urogynecology. She completed her residency in obstetrics and gynecology at Penn State Geisinger Health System, Danville, PA and continued her surgical education at Chattanooga Women's Laser Center earning a fellowship in Advanced Laparoscopic and Urogynecological Surgery. Dr. Agarwala is also a certified robotic surgeon.

Dr. Fehnel has been with Women's Clinic, Ltd. since 1981 to practice obstetrics, gynecology and to specialize in urogynecology. He completed his residency in obstetrics and gynecology at Thomas Jefferson University Hospital in Philadelphia.

Both physicians share an interest in the surgical management of complex gynecologic cases and reconstructive surgery of the pelvic floor. Women's Clinic, Ltd. physicians are committed to bringing our patients the most advanced and state-of-the-art health care available.

You will also meet with our Certified Nurse Practitioner, Cathy Seyfert, MSN, CRNP. Cathy has been with the Women's clinic since 1987 as a staff nurse. She continued her education earning a Nurse Practitioner license and a Master's in Nursing degree.

Our uro-gyn team is complimented by incontinence-trained nurses who will work closely with our physicians and practitioner to develop an individualized treatment plan. They are also the bladder study technicians, such as during urodynamics.

Please check with your insurance carrier regarding your coverage for urinary incontinence and treatment options prior to your first appointment. We ask that you arrive 5 minutes prior to your scheduled appointment. Please bring your insurance information, co-pay, and a referral if necessary.

If you cannot make your scheduled appointment, it is important that you call the office as soon as possible; so another patient can be scheduled at that time.

If you have any questions prior to your appointment, please feel free to contact our office.