

## **The Institute for 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 physician, Dr. Stephen Fehnel, nurse practitioner, Cathy Seyfert, MSN, CRNP and 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 Institute for Female Pelvic Medicine Continence Program. 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. 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. His areas of interest include the surgical management of complex gynecologic cases and reconstructive surgery of the pelvic floor. Dr. Fehnel is committed to bringing his patients the most advanced and state-of-the-art healthcare available.

You will also meet with our Certified Nurse Practitioner, Cathy Seyfert, MSN, CRNP and an incontinence-trained nurse who will work closely with Dr. Fehnel to develop an individualized treatment plan. The initial consultation is approximately 30 – 45 minutes which each following visit varying between 30 – 60 minutes. The average number of visits to the Continence Program is 4-6.

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 specialty-trained nursing staff.