

Pacific Coast Urology Medical Center Hosted Two "Girls' Time Out" Events for Bladder Health

Dr. Robert Pugach Encouraged Patients to Take Control of Their Bladder Health



LOS ALAMITOS, CA-- (November 16, 2010) - Dr. Robert Pugach, Medical Director of Pacific Coast Urology Medical Center (PCUMC), was proud to host two "Girls' Time Out" events on November 11, 2010, in Orange County, CA. These educational events were held as part of a national women's health campaign called *Facing Our Moments Together*. PCUMC was

one of 20 urological practices in the United States selected to participate in these special community events. The events were designed to encourage women who are suffering with bladder control issues to reclaim control of their health and their quality of life.

More than 50 women attended the two events where they received overactive bladder educational materials, participated in conversations with Dr. Pugach on bladder control treatment options, and had an opportunity to talk with patients who have undergone advanced treatments for their bladder control problems.

"Overactive bladder (OAB) affects 35 million Americans and it is one of the most common health problems that women face," said Dr. Pugach. "Many women struggle with bladder control problems for a long time, because they are embarrassed or don't know that simple, effective treatments are available," said Dr. Pugach.

Gail, 67 of Lakewood, CA; Linda, 62 of Los Alamitos, CA; and, Katherine, 42 of Long Beach, CA were part of a panel of patients who spoke with the attendees to share their experiences and their successful bladder control treatments. These three women had struggled with overactive bladder for years and had tried medication and various other treatments with limited success. The women consulted with Dr. Pugach and now have successfully treated their OAB and have reclaimed control of their lives. Gail and Katherine were treated with the remarkable InterStim® device and Linda received a bladder sling. All three women are thrilled with the results.

"This has offered me hope when I thought there was no hope. I participated in this educational event to help get the word out so that other women can improve their quality of life like I am enjoying now," said Gail. After only one week of Dr. Pugach implanting her InterStim® device, Gail reported an immediate and dramatic relief of her symptoms. "I have control for the first time in 20 years!"

One in six adults in the United States suffers from bladder control issues. There are different symptoms for bladder control problems, and treatment options are available that can help. Call 888.735.4336 for more information.

The events were co-sponsored by Medtronic in partnership with Accidental Sisterhood and the Women's Health Foundation. <http://www.facingourmomentstogether.com>