

New Hope for Patients Suffering from Bladder Control Problems

Bladder control problems affect more than 34 million Americans. Women are twice as likely as men to have bladder control problems, yet most are too embarrassed to talk to their doctors about this common problem.

If you are suffering in silence, if you are not getting relief from prescription medications or if you haven't benefitted from surgery or other treatments for your bladder control problems, there is new hope in the form of a small battery like device. InterStim® Therapy, developed by Medtronic, is a stop-watch-sized device placed under your skin that uses neurostimulation to send signals to the nerves in your lower back that control bladder function.



Dr. Robert Pugach

Dr. Robert Pugach, Medical Director of Pacific Coast Urology Medical Center, is extremely pleased with the excellent results his patients with OAB have experienced with InterStim®. According to Dr. Pugach, Interstim® Therapy is a minimally invasive procedure that is eight times more effective than typical medications prescribed for bladder control.

"InterStim® is an important treatment option for patients with OAB who

have limited success with medications and other therapies," says Dr. Robert Pugach. "Many of my patients have tried first-line treatments such as Kegel exercises, fluid and diet changes and costly medications but these treatments have failed to adequately relieve their symptoms."

In April, Dr. Pugach was invited by Medtronic to tour one of their production facilities and collaborate with their engineers on future ideas for new technologies to improve the treatment for overactive bladders.

"The Medtronic engineers are extremely creative," said Dr. Pugach, "and the opportunity to discuss and improve their good ideas will allow all of us to create new devices that will improve the lives of patients who suffer from OAB."



Dr. Robert Pugach focuses his practice on minimally invasive urological procedures, including women's bladder control problems. Dr. Pugach has worked with engineers from other companies, including microwave thermotherapy for BPH and HIFU and cryoablation for prostate cancer. If you would like to learn more about Interstim®, call Pacific Coast Urology Medical Center at (888) 735-4336, to schedule a trial assessment or attend an upcoming patient education seminar.

You may have an Overactive Bladder (OAB) if you are experiencing any of these problems:

Frequent trips to the bathroom - more than 5-6 times per day

Urgency - the sudden need to find and use a bathroom. It can take control of your life, making you plan your daily activities around the location of bathrooms.

Nighttime urination - trips to the bathroom that interrupts your sleep.