

## **New Hope for Patients Suffering From Bladder Control Problems** ***Robert Pugach, MD Offers Effective New Therapy***

**Los Alamitos , CA, May 17, 2010**--Dr. Robert Pugach, Medical Director of Pacific Coast Urology Medical Center recently travelled to Minneapolis to meet with Medtronic engineers to discuss ideas for advances in InterStim© Therapy, a 30 minute procedure that can end bladder control problems like frequent, urgent or nighttime urination.

Dr. Pugach has been extremely pleased with the excellent results his patients with Overactive Bladder (OAB) have experienced with InterStim© Therapy and was excited to collaborate with Medtronic engineers about current and future therapies. Bladder control problems affect more than 34 million Americans. From sudden, urgent needs to urinate to embarrassing leakage, Dr. Pugach is enthusiastic about offering his patients an effective, minimally invasive treatment that is more effective than most medications. "InterStim© is far more effective than medications and can eliminate frequent bathroom trips or the need for pads or diapers," says Dr. Pugach.

InterStim© uses a simple battery that sends electrical pulses to the nerves in the lower back that control bladder function. A small, half-dollar sized neurostimulator is placed under the skin that can completely control sudden, urgent or frequent urges to urinate. "Imagine a 30 minute treatment that can eliminate the embarrassing problems of sudden urges to urinate or frequent and nighttime urination. Imagine getting a good night's sleep. Patients who depend upon pads or diapers, or who plan their lives around bathroom locations, can lead normal lives again."

Katherine, aged 41, knows firsthand how bladder control problems can impact the quality of your life as she has coped with bladder control problems all of her life. Since she was a young girl Katherine has always had to go to the bathroom. In fact, in high school Katherine had a special hall pass so she could use the restroom at any time. After countless doctors' visits and treatments for other problems that didn't correct her OAB, Katherine is absolutely thrilled with the results of InterStim©.

"In December 2009, Dr. Pugach implanted the InterStim© device and my whole life changed," says Katherine. "I'm grateful to my gynecologist, Dr. Tejani for referring me to Dr. Pugach and I'm so thankful that he was able to provide this remarkable technology."

Both Katherine and Dr. Pugach encourage women and men to stop being embarrassed and talk to their doctors about any problems they are having with urinary frequency and leakage. InterStim© is an important treatment option for patients with OAB who have limited success with medications and other therapies," says Dr. 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. Interstim© can be their answer."