

Why and When a Woman Should See a Urologist

By Robert Pugach, MD

If you are like many of my female patients, you may discuss your urological health issues with your OB/GYN or family doctor. Women usually report urinary tract infections (UTIs) and bladder control problems initially with their primary care doctor or gynecologist.

While this may be appropriate, it is important to know why and when you should see a urologist.

Urologists are trained to treat male and female problems that affect the urinary tract, such as bladder, kidneys and reproductive system. Understanding that the urologic health needs are unique between sexes, I established two Centers of Excellence to address the specific needs of men and women.

Women should see a urologist to address these common health issues:

- Blood in urine
- Pain or burning during urination
- Urine leakage
- Urinary frequency
- Recurrent urinary tract infections, especially chronic infections
- Bladder or pelvic organ prolapse
- Low back pain relieved by urinating

Women should not be embarrassed to talk to a urologist about their bladder control problems. Urinary incontinence is a very common problem which doesn't just affect older women. Stress incontinence and overactive bladder problems are treatable and do not have to negatively affect your quality of life.

At our Women's Bladder Control Center of Excellence, Evans Tran, PA and I specialize in minimally invasive treatments to address many of these concerns. We begin by pinpointing your precise problem with diagnostic tests and recommend a customized treatment plan for you. Some of the advanced treatment modalities we use include acupuncture (PTNS), biofeedback, BOTOX®, pelvic floor rehabilitation, specialized medications and bladder nerve stimulation.

Yes, talking about urinary issues might be uncomfortable, but it is your first step towards effective treatment. Don't hesitate to schedule an appointment with Evans Tran, PA or myself.



Call (888) 735.4336 for a convenient appointment. Pacific Coast Urology is located at 3801 Katella Ave., Suite 110 in Los Alamitos and 16843 Algonquin St. in Huntington Beach. For info, visit www.pacificcoasturology.com