

NEXT GENERATION BLADDER CONTROL SOLUTIONS FOR WOMEN

By Evans Tran, PA



Did you know that more than 50 million Americans are affected by symptoms of bladder control? In fact, it is one of the most common health issues that women face.

While many people may think that the condition only affects older women, the truth is that women of all ages may have symptoms related to incontinence (bladder leakage) or overactive bladder. These symptoms are much more than a nuisance! They are not only embarrassing, but can significantly impact a woman's life, and in some women can be debilitating.

There is no need to suffer in silence as **there are solutions!** The first step is to identify the type of bladder problem you have. Here are some questions to consider:

1. Are you experiencing leakage with coughing, sneezing, lifting heavy items, exercising or even just walking?
2. Have you been avoiding sexual activity because you are afraid you might leak?
3. Are you having voiding symptoms such as urinary frequency, uncontrollable urges or nighttime voiding? Are you worried that you won't make it to the bathroom in time?
4. Are these symptoms disrupting your life?
5. Have you sought treatment options or have you not because you fear that surgery is the only option?

If you answered yes to any or all of these questions, The Women's Blad-

der Control Center of Excellence at *Pacific Coast Urology Medical Center* (PCUMC) can precisely diagnose your bladder control problem and customize a urinary treatment plan for you.

Dr. Pugach, PCUMC Medical Director, and I offer non-surgical and minimally invasive treatment options that are done in our office. Some of the innovative solutions we offer include:

PELVIC FLOOR REHABILITATION

- Emphasizes quality Kegel exercises coupled with an electrical stimulation that is delivered directly to the pelvic floor muscles
- An approach to improve the strength and function of the muscles that support the bladder and the urethra
- Each patient gets a personalized program for building strength and improving the pelvic floor muscles
- Four weekly treatments

We offer NURO™ SYSTEM BY MEDTRONICS

- **The only form of acupuncture with stimulation that is FDA- approved**
- An adjustable electrical impulse is administered through a needle to stimulate the posterior tibial nerve located behind the ankle bone

- Restores the communication between the bladder and the nervous system
- Safe and effective
- Weekly sessions x 12

Remember, you're not alone! Many people suffer in silence and only seek help when their symptoms are debilitating. Will you suffer in silence? Or will you take control now? **It all begins with a call to schedule your appointment.**

For more information on bladder control, visit, www.pacificcoasturology.com



Ms. Evans Tran, PA, works closely with Dr. Robert Pugach and cares for all patients in the practice. She spearheads *Pacific Coast Urology Medical Center's* Center of Excellence for Women's Bladder Control. If you are having bothersome bladder symptoms, she can help provide answers to your questions and help you gain control of your bladder. Ms. Tran is fluent in English and Vietnamese.

