

Urogynecology Services

Guidebook



FLORIDA HOSPITAL
for WOMEN



It's time to prioritize your health and comfort.

At Florida Hospital for Women, we approach treating complex urogynecological conditions with minimally invasive treatments to relieve discomfort and help you feel your best. Our surgeons have special training in non-surgical and surgical interventions for pelvic floor dysfunction. We use some of the latest, minimally invasive, robotic surgery methods that are designed to reduce pain and speed up recovery.





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Urinary Incontinence

Urinary incontinence is a loss of bladder control, which can range from mild urinary leaking to uncontrollable wetting. While this condition can affect anyone, it becomes more common with age, especially in women. In some cases, urinary incontinence is a temporary symptom of an underlying condition that, once treated, may remedy the incontinence. Treatment depends on the type of incontinence along with the patient's lifestyle and may include exercises, medicines, special devices or surgery.

Pelvic Floor Issues

Roughly one in three women are affected by pelvic floor disorders that can lead to urinary incontinence, pelvic organ prolapse or pelvic discomfort. It is not uncommon for women with pelvic floor disorders to experience frequent urinary tract infections. We offer comprehensive urogynecologic, colorectal, and pelvic rehabilitation services specifically designed to help women of all ages improve their health and restore their quality of life.

Pelvic Organ Prolapse

CYSTOCELE

This condition occurs when the vaginal wall below the bladder weakens, causing the bladder to slip out of its correct position and drop into the vagina. The muscles and ligaments that typically hold the vagina stretch out and become weak, allowing the back of the bladder to bulge against the vagina.

UTERINE PROLAPSE

This occurs when the muscles and ligaments in the pelvis that hold the uterus and the top of the vagina get weak. This can allow the uterus to slide into the vagina, or even come outside the vaginal opening in some cases.

VAGINAL VAULT PROLAPSE

This sometimes occurs after a hysterectomy, when the top of the vagina loses its shape and descends into the vaginal canal or even outside the vagina.

RECTOCELE

This condition occurs when the rectum wall stretches out as a result of vaginal wall weakness, allowing the rectum to push into the vaginal wall. This disorder is often associated with constipation.



Get back to your life faster.

We're dedicated to providing minimally invasive surgical options to complement our women's services. Patient benefits include:

- » Faster recovery time
- » Less pain after surgery
- » Lower risk of complications
- » Lower risk of infection and bleeding





Pelvic Floor Therapy can have a huge impact on your well-being.

WE WANT TO HELP YOU LIVE YOUR BEST LIFE.

When the pelvic floor muscles are too tight or too weak, they can cause incontinence or even pain. Our physical therapists have special training in pelvic floor disorders and provide treatments for pelvic floor dysfunction including bowel and bladder function, pelvic pain, abdominal/organ conditions, pelvic bones, hip pain, and low back/sacral and coccygeal disorders

Our team is committed to a higher level of education and patient connection and is staffed with clinicians who are board-certified in women's health.

Our physical therapists provide hope and healing for women suffering from pelvic floor disorders. Using the latest advances in technology, they apply targeted, rehabilitative techniques, including pelvic-floor therapy, computerized biofeedback, strengthening and relaxation techniques, as well as patient education with tailored at-home programs.

The goal of our pelvic floor program is to help women with pelvic floor disorders relieve their discomfort and improve their quality of daily living.

Be part of a legacy of excellence in caring for women.

Florida Hospital has been delivering high-quality care for women in Central Florida for more than 100 years, so we understand how sensitive the issues we treat can be. That's why our physicians and specialists work with you to develop your own tailored treatment plan, and why we are here for you with a spectrum of health services throughout your life. It's part of our commitment to providing the care you need, when you need it.

NETWORK OF CARE

The Florida Hospital for Women health network includes extended care facilities supported by eight trusted hospitals. From our medical centers

of excellence to our rehabilitation and urgent care facilities, we provide an integrated network of services that delivers quality and convenience. Our team of world-class physicians deliver comprehensive care, advanced treatments and minimally invasive techniques that promote faster healing for women of all ages.

Plus, our specially trained Women's Health Navigator is here to help manage your health throughout your lifetime. This includes the latest surgical and medical treatments for some of the most complex conditions such as endometriosis, pelvic pain and urinary incontinence.





We're on this journey with you.

If you have minor symptoms, you might be questioning whether you need to see one of our urogynecology specialists. It's usually better to play it safe because minor symptoms can sometimes turn into bigger issues. We recommend you call us if you're experiencing any of these symptoms:

- » Leaking urine when laughing or coughing
- » Painful urination
- » Frequent or urgent urination
- » Pressure and pain in your vagina, bladder or rectum
- » Vaginal bulging

What happens next?

1. VISIT WITH A PHYSICIAN

Call us to make an appointment. One of our specialists will take the time to listen to you, ask you questions, and possibly run a few tests.

2. TREATMENT PLAN

If a condition or issue is diagnosed, you and your doctor will create a customized plan of treatment designed to address your concerns and treat your condition.

In Office

A wide range of in-office therapies are available to address urinary incontinence and prolapse.

Pelvic Floor Physical Therapy

A period of rehabilitation may be prescribed to include activities like Kegel exercises or bladder retraining.

Medications

This could range from over-the-counter to prescribed medications or hormone therapy.

Surgery

Whenever possible, we use minimally invasive surgical techniques, which result in less pain and quicker recoveries.



Take charge of your care.

If you have any questions, call our women's health navigator, a highly experienced and dedicated registered nurse who is specially trained to help coordinate your overall care and answer any questions you may have. The women's health navigator can also assist with scheduling appointments, resolving insurance issues or communicating with your doctors, while also connecting you and your family with resources and support services.

To speak to our women's health navigator, call (855) 842-5157.

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.



