

# Advanced Gynecology Services

Resources Guidebook



**Advent Health**  
for Women



## We're committed to women at every stage of life.

At AdventHealth for Women, we're dedicated to helping women prioritize their well-being in body, mind and spirit. Our specialists approach treating complex gynecological conditions with some of the most advanced technology available, and prioritize minimizing pain and disruption to your life. Our surgeons have special training in many of the latest minimally invasive, robotic and single-incision surgical methods, which can reduce pain and speed up recovery. In fact, almost all of our procedures are performed robotically or through a single-incision laparoscopic surgery.





## Advanced Gynecology Services

### ENDOMETRIOSIS

Endometriosis is one of the leading causes of infertility, affecting as many as one of every ten women. We offer highly specialized care for women suffering from endometriosis. Using advanced, proven treatments, we have helped many women overcome their painful symptoms and even become pregnant.

### FIBROID TUMORS

Treatment for fibroid tumors, which can vary in severity, ranges from medication therapy to surgery. Our doctors and specialists can work with you to develop an effective treatment plan that fits your lifestyle and goals — including getting pregnant.

### 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. We offer comprehensive urogynecology, colorectal, and pelvic rehabilitation services specifically designed to help women of all ages improve their health and restore their quality of life.

### MENOPAUSE MANAGEMENT

Menopause is the stage when women can no longer have children and signals the end of menstruation. When menstrual periods stop, estrogen and progesterone hormones are reduced, causing menopause symptoms that may include hot flashes and hair growth. While menopause doesn't always require treatment, symptoms that become severe can usually be treated with medication or hormone replacement therapy and specific lifestyle changes.



## Pelvic floor therapy can help you live your best life.

Our tailored pelvic floor treatment plans can make a huge difference to your well-being. Our physical therapists have special training in pelvic floor disorders and provide treatments for pelvic floor dysfunction including bowel and bladder dysfunction, pelvic pain, abdominal/organ conditions, pelvic bones, hip pain, and low back/sacral and coccygeal disorders.

We are 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, and 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.

## 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



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

AdventHealth 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 AdventHealth for Women network in Central Florida 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 delivers 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 gynecology 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:

- Vaginal dryness or itching
- Pelvic or rectal pain
- Pain during sexual intercourse
- Severe menstrual cramps
- Heavy or prolonged menstrual bleeding
- Frequent urination or leakage of urine
- Heavy feeling in vagina
- Bulge in vagina you can see or feel

## 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 relieve your pain and fix the underlying causes. Depending on your specific situation, your treatment plan may include the following:

#### **Pelvic Floor Physical Therapy**

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

#### **Medications**

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

#### **Surgery**

Whenever possible, we use minimally invasive laparoscopic or single-incision 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.

## Let's talk in person.

**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.*

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