

Urogyr

Urogynecology & Pelvic Surgery



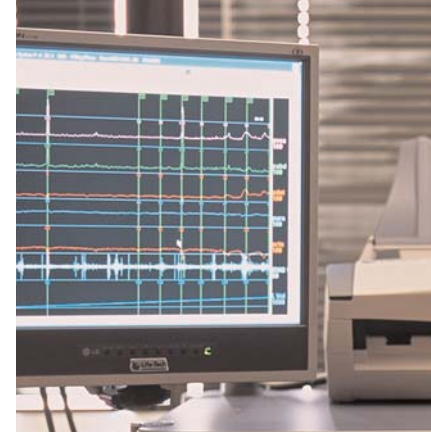
On the cover: Dr. Luis E. Sanz, MD, FACOG

More than 11 million American women of all ages suffer from urinary incontinence. Often caused by a weakening of the pelvic floor muscles following childbirth, urinary leakage can be emotionally debilitating, yet many women suffer in silence, unaware of recent breakthroughs in correcting this and other symptoms caused by pelvic floor disorders.

In January 2005, Virginia Hospital Center launched a state-of-the-art Urogynecology & Pelvic Surgery program. Headed by a renowned expert in gynecologic surgery, the program offers the most advanced technologies and expertise for women seeking care for conditions such as urinary incontinence and prolapse of the vagina, bladder or uterus.

Virginia Hospital Center's Urogynecology & Pelvic Surgery program provides an interdisciplinary, comprehensive approach to evaluation and treatment. Many patients can be treated through minimally invasive procedures, with a high success rate.

Ana J. Cardenas, MSN, FNP



Treatment Options

The Urogynecology & Pelvic Surgery program focuses on developing an optimal treatment strategy to achieve the best results for each patient. Treatment may include

- Therapeutic approaches that empower patients to manage their own continence over the long term, such as biofeedback, pelvic floor reeducation, and bladder retraining
- Pharmacological treatment
- Vaginal and abdominal surgery for advanced prolapse or incontinence including synthetic free tension graft
- Laparoscopic (minimally invasive) procedures
- Anal sphincter repair and reconstruction
- Direct sacral stimulation to relieve symptoms of overactive bladder
- Sacrocolpopexy to correct vaginal prolapse

Areas of Expertise

The Urogynecology & Pelvic Surgery program evaluates and treats patients with a wide range of disorders of the pelvic floor. We are well equipped to handle routine gynecological procedures as well as complex conditions that have not responded to previous treatment.

Areas of expertise include

- Urinary incontinence
- Vaginal Repair and Reconstruction with new synthetic graft technology
- Fecal incontinence
- Pelvic organ prolapse
- Voiding dysfunction
- Interstitial cystitis evaluation
- Congenital malformation of the genital tract

Diagnostic Procedures

Accurate diagnosis is the first step in correcting pelvic support problems. The Urogynecology & Pelvic Surgery program provides state-of-the-art technology and diagnostic expertise including

- Complex urodynamic studies
- Urethrocystoscopy
- Electromyography
- Sonography
- Office diagnostic hysteroscopy

Certain types of urinary incontinence affect up to 20% of women age 65 or under and more than half of women over 65.

Coordination of Care

The Urogynecology & Pelvic Surgery program at Virginia Hospital Center works closely with referring physicians to evaluate and treat patients with incontinence or pelvic floor dysfunction. We also perform routine gynecological care and surgery.

For more information, please call the Urogynecology & Pelvic Surgery program at **703.717.4000**. Information about Urogynecology & Pelvic Surgery, as well as other Women & Infant Health services, may also be found at www.virginiahospitalcenter.com.



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