

# Urogynecology Services

Resources Guidebook





## It's time to prioritize your health and comfort.

At AdventHealth Medical Group, 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.

## 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



## Urogynecology Services

### 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 partner with AdventHealth Pelvic Rehabilitation to 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.

### 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 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.





## Pelvic floor therapy can have a huge impact on your wellbeing.

### **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. The physical therapists at AdventHealth Pelvic Rehabilitation 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.

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.

# Meet Your Leader in Advanced Pelvic Care



**Nathan Kow, MD**

Medical Director  
Pelvic Health Program

AdventHealth Medical  
Group Urogynecology

Dr. Nathan Kow is board certified in obstetrics and gynecology, as well as in female pelvic medicine and reconstructive surgery. A dedicated physician and leader of our Pelvic Health Program, he provides care for women with complex pelvic floor disorders via both non-surgical and surgical treatment options including minimally invasive surgical techniques (vaginal, laparoscopic and robotic).

His clinical interests include helping women overcome pelvic organ prolapse, urinary incontinence, fecal incontinence, vesicovaginal and rectovaginal fistulas and disorders of the lower urinary tract, as well as management of mesh complications.

Dr. Kow was born in Boston, Massachusetts and graduated from Emory University and the Mercer University School of Medicine, both in Georgia. He completed his OB/GYN residency at Tufts Medical Center in Boston followed by a three-year fellowship in female pelvic medicine and reconstructive surgery at the Cleveland Clinic in Ohio. He is fluent in English and Cantonese.



# 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. Women's Health Navigator

If you have any questions, call our women's health navigator, a highly experienced, registered nurse who is specially trained to help coordinate your overall care and answer any questions you may have.

### 2. 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.

### 3. 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 REHAB

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.

**Let's talk in person.**

**To speak to our team, call 855-842-5157.**

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