

# 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 gynecologic 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.

### EXPERT PHYSICIANS

Our advanced gynecologic surgeons are leaders in the gynecology field, participating in research, publishing and training other doctors from all over the world. Our physicians offer some of the most innovative surgical and medical treatments available. Together, we work to eliminate pain, restore your confidence and bring normalcy back to your life.

### TREATMENT OPTIONS

- Radiofrequency ablation of uterine fibroids
- New medical treatments for endometriosis and fibroids
- Minimally invasive hysterectomy, including robotic, laparoscopic or vaginal procedures



## Common Conditions We Treat

### ENDOMETRIOSIS

Endometriosis is one of the leading causes of infertility, affecting as many as 1 in 10 women. We offer highly specialized care for women facing 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.

### OVARIAN AND FALLOPIAN TUBE ABNORMALITIES

Ovarian and fallopian tube abnormalities can result in infertility or cause other issues if left untreated.





## Pelvic floor therapy can provide relief.

Our tailored pelvic floor treatment plans can make a huge difference for 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 our clinicians are board certified in women's health. Our physical therapists provide hope and healing for women facing 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





## 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.

- Abnormal uterine bleeding
- Heavy or prolonged menstrual bleeding
- Pelvic pain
- Pain during sexual intercourse
- Heavy feeling in vagina
- Severe menstrual cramps
- Frequent urination or leakage of urine

## What happens next?

### 1. REQUEST AN APPOINTMENT.

Call us to make an appointment. Our team will help you find the right provider for your specific needs.

### 2. GET YOUR 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 the Women's Health Navigation Team, a highly experienced and dedicated team of registered nurses who are specially trained to help coordinate your overall care and answer any questions you may have. The Health Navigation Team 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.

Ask to speak to our Navigation Team today.

**To talk to a Health Navigation team member, call 844-214-2372.**

*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.*

*AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.*

*ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.*