

Pelvic Health Program

Resources Guidebook



Pelvic Health Program Overview

At AdventHealth for Women, we've created a comprehensive Pelvic Health Program with nationally renowned pelvic health experts, minimally invasive surgical options, advanced pelvic floor therapy and personalized care coordination, so you can feel your best.

Whether due to childbirth, age, straining, an injury or surgery, pelvic floor problems can feel physically painful and emotionally isolating. But conditions like urinary and fecal incontinence are more common than you might think, and they're very treatable.

Our multidisciplinary team includes experts from urogynecology (also known as female pelvic medicine and reconstructive surgery), colorectal surgery, gastroenterology, gynecology, urology and pelvic floor physical therapy. We're here to listen to your concerns, quickly and accurately diagnose your condition and provide you with the personalized treatment you need.

Expert Care for Common Conditions

We offer physical therapy, medication and minimally invasive surgical techniques (vaginal, laparoscopic and robotic) to address:

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



For more complex conditions, our experts offer advanced treatment and surgery for:

- Anal stenosis
- Anismus
- Pelvic floor dysfunction
- Pelvic organ prolapse (cystocele, rectocele, uterine and vault prolapse)
- Rectal prolapse
- Rectovaginal fistula
- Recurrent urinary tract infections
- Urethral diverticulum
- Urinary retention
- Vaginal mesh complications
- Vesicovaginal fistula

Your Pelvic Health Care Coordinator

A pelvic health care coordinator is a nurse who provides complimentary services that help you navigate your overall pelvic health care and answer any questions you may have. All calls are confidential, anyone can self-refer and no insurance is required to talk or meet. These services include:

- Finding a care provider
- Answering your pelvic health care questions
- Assistance with scheduling appointments
- Pre- and post-operative counseling and education
- Coordination of care among multiple providers and facilities



Meet Our Pelvic Health Coordinator

Amy Royer, BSN, RN, is an AdventHealth for Women pelvic health care coordinator whose goal is to help make your health care journey with us as easy as possible. As a registered nurse with nearly 10 years of experience in urogynecology and female pelvic medicine, she can offer you expert guidance and support through every step of your treatment. Along with providing clinical assistance to manage your care, she will help you schedule physician appointments and procedures and act as your personal advocate to ensure your care aligns with your specific goals and needs.

To contact our pelvic health care coordinator, call 407-821-3518 or email amy.royer@adventhealth.com.

Conditions We Treat

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 your lifestyle and may include exercises, medicines, special devices or surgery.

Pelvic floor issues

About 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 are weakened. 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.

It's time to prioritize your health and comfort.

At AdventHealth for Women, we approach treating complex pelvic health 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.



Pelvic floor therapy empowers you to 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 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 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, 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.

We're on this journey with you.

If you have minor symptoms, you might be questioning whether you need to see one of our pelvic health 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. Contact the pelvic health care coordination team.

Call our pelvic health care coordinator, who can assist with answering your questions and connecting you to the appropriate provider.

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 address your concerns and treat your condition.

IN-OFFICE CARE

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, our women's pelvic health care coordination team — a highly experienced and dedicated team of registered nurses — is here to answer your questions and coordinate your care. They 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 women's pelvic health care coordination team today.

Let's talk in person.

To find a provider, call the Pelvic Health Care Coordination team at 407-821-3518.

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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