

Tests and Treatments

- Botox bladder injections
- Colpocleisis
- Cystoscopy
- Mesh complication surgery
- Periurethral bulking
- Pelvic organ prolapse repair
- Pessary fitting
- Pubovaginal or urethral sling
- Sacral neuromodulation
- Sacrocolpopexy
- Urodynamics
- Vaginal native tissue repair

Rehabilitation Techniques:

- Biofeedback
- Pilates
- Manual physical therapy
- Neuromuscular reeducation
- Trigger point dry needling
- Therapeutic exercise
- Therapeutic neuroscience education



Who can help me get back to my life?

The Avista Pelvic Health Center provides clinically advanced care to women who suffer from pelvic floor disorders. We will respect your health concerns and help you find a treatment that meets your goals and restores your quality of life. As our patient, you will receive coordinated, compassionate and comprehensive care from our team of doctors, nurses and therapists.



• **John Joyce, MD**
Urogynecologist

Board certified in Obstetrics and Gynecology
Fellowship trained in Female Pelvic Medicine and Reconstructive Surgery



• **Kim Belz, PT DPT, CLT**

Women's Health Physical Therapist
Board certified in Physical Therapy
Doctor of Physical Therapy

Our team also includes gastroenterologists, nutritional counselors, surgeons specializing in colorectal procedures and a concierge.

For more information and additional resources
please visit: www.avistahospital.org/pelvichealth
or call: 303-925-4038 or 1-855-236-8872

Be Strong -
Be You Again

One in three
women suffer
from a pelvic
health disorder.

If you are
the "one" –
Don't miss
another
moment
of your life.



Avista Pelvic Health Center



100 Health Park Drive
Louisville, CO 80027

7233 Church Ranch Blvd
Westminster, CO 80021

303-925-4038 or 1-855-236-8872
www.avistahospital.org/pelvichealth



Avista Pelvic Health Center



Are you leaking urine, rushing to the bathroom or feeling uncomfortable?

These are all signs of a bladder or pelvic health disorder. We hope that by answering some of these big, uncomfortable questions, we can help you find the answers and relief you need so that you can live the life you want.

Everyone has a pelvic floor. In women, the pelvic floor includes the muscles, ligaments, connective tissues and nerves that support the bladder, uterus, vagina and rectum. Bladder, bowel and pelvic conditions happen when the pelvic floor becomes weakened or damaged and is no longer able to do its job effectively. Although these disorders may happen more frequently as women grow older, pelvic health disorders are not an acceptable part of aging.

Pelvic health disorders can be embarrassing and interfere with your quality of life, but they don't have to - 90 percent of pelvic floor conditions can be diagnosed and treated through lifestyle changes, therapy and surgery. The Avista Pelvic Health Center team will work with you to find your best option to regain your quality of life.

Symptoms of a Pelvic Health Disorder

Symptoms typically begin gradually and progress over time. Different women may also experience different symptoms.

If you experience one or more of the following symptoms, you may have pelvic floor dysfunction:

- Leakage of urine when coughing, sneezing or laughing
- Painful urination
- Pain or muscle spasms
- Painful intercourse
- Pressure or bulge in your vagina or rectum
- Urinating eight times or more in 24 hours
- Frequent trips to the bathroom in order to avoid accidents
- Constipation
- Difficulty emptying your bladder
- Inability to hold your bowel movement
- Reluctance to exercise in order to avoid accidents

Conditions We Treat

Our team at the Avista Pelvic Health Center will partner with you to develop a personalized treatment plan to treat your specific condition.

Too often, these conditions go undiagnosed and untreated because women are too embarrassed to seek help or they don't know that effective treatments are available. We provide specialized care for the following conditions:

- **Incontinence** - loss of bladder or bowel control, including urine frequency and urine leakage.
- **Emptying disorders** - difficulty urinating or moving bowels.
- **Recurrent urinary tract infections**
- **Pelvic prolapse** - a condition where one or more of the pelvic organs have become displaced from their normal position, usually "dropping" from its original location.
- **Pelvic or bladder pain** - this can include painful urination, pelvic pain or burning sensations in the region.
- **Overactive bladder** - a frequent need to void, bladder pressure, urgency, urge incontinence or nighttime urination
- **Repair of post-surgical mesh complications**
- **Urogynecologic fistula** - an abnormal connection between the vagina and the bladder or rectum.

Note: For a complete list of conditions we treat, visit avistahospital.org/pelvichealth

