

A Common and Treatable Condition

Are you always rushing to the ladies' room? Do you worry that you might embarrass yourself if you sneeze or laugh in public? Are you nervous about exercising?

Millions of women, including new mothers and older women, suffer from bladder control problems. Many are too embarrassed to talk about urinary incontinence – even with their doctors – and never get the help they need. But help is available: urinary incontinence is surprisingly common and **very treatable**.

At the **Center for Female Continence and Pelvic Health at Downtown Hospital**, sensitive and experienced specialists can offer you a wide range of treatment options for urinary incontinence. *Most women can expect over 90% relief from their symptoms with today's treatments.*

Get back in control of your body and regain the confidence you deserve — **Call Dr. Allan Klapper, Director of The Center for Female Continence and Pelvic Health at Downtown Hospital**, for a private, confidential appointment: **(646) 898-4800**.



Center for Female Continence and Pelvic Health at Downtown Hospital

(646) 898-4800

The Center for Female Continence and Pelvic Health at New York Downtown Hospital offers comprehensive, specialized care for the diagnosis and treatment of female pelvic disorders such as urinary incontinence, pelvic pain, interstitial cystitis or bladder pain and pelvic organ prolapse (dropped bladder, uterus or vagina). The Center's respected experts are leaders in the field of laparoscopic and minimally invasive treatments of disorders such as fibroids and endometriosis.

The Center was founded, and is directed, by Allan Klapper, M.D., Chief of the Department of Obstetrics and Gynecology (OB/GYN) at Downtown Hospital. Dr. Klapper is Board Certified in OB/GYN and is a sub-specialist in Urogynecology and Pelvic Reconstructive Surgery. The Center's team is comprised of exceptionally skilled doctors and nurses dedicated to serving the healthcare needs of women living and working in Lower Manhattan and throughout New York.

New York Downtown Hospital

Downtown Hospital is the only hospital in Lower Manhattan. As a community teaching hospital, Downtown Hospital offers a full range of inpatient and outpatient services, as well as community outreach and education. It is also a leader in the field of emergency preparedness and disaster management.



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Affiliate: Weill Cornell Medical College

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Female Urinary Incontinence

*Safe, effective treatments to help you
regain control of your body and
feel confident again*



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Types of Urinary Incontinence and Their Symptoms

Urinary incontinence is the loss or “leakage” of urine when it is not supposed to occur. There are various types of urinary incontinence:

Stress Incontinence is the leakage of urine during activities that put stress on the bladder, such as coughing, sneezing, exercising, and laughing.

Urge Incontinence is the leakage of urine when the bladder muscle contracts on its own, bypassing the person’s conscious control. Women with urge incontinence experience a sudden, strong urge to urinate. This is often followed by the loss of large amounts of urine with little or no warning.

Mixed Incontinence refers to patients who suffer from both Stress and Urge Incontinence. Often, treating only one of the two will help resolve the problem.

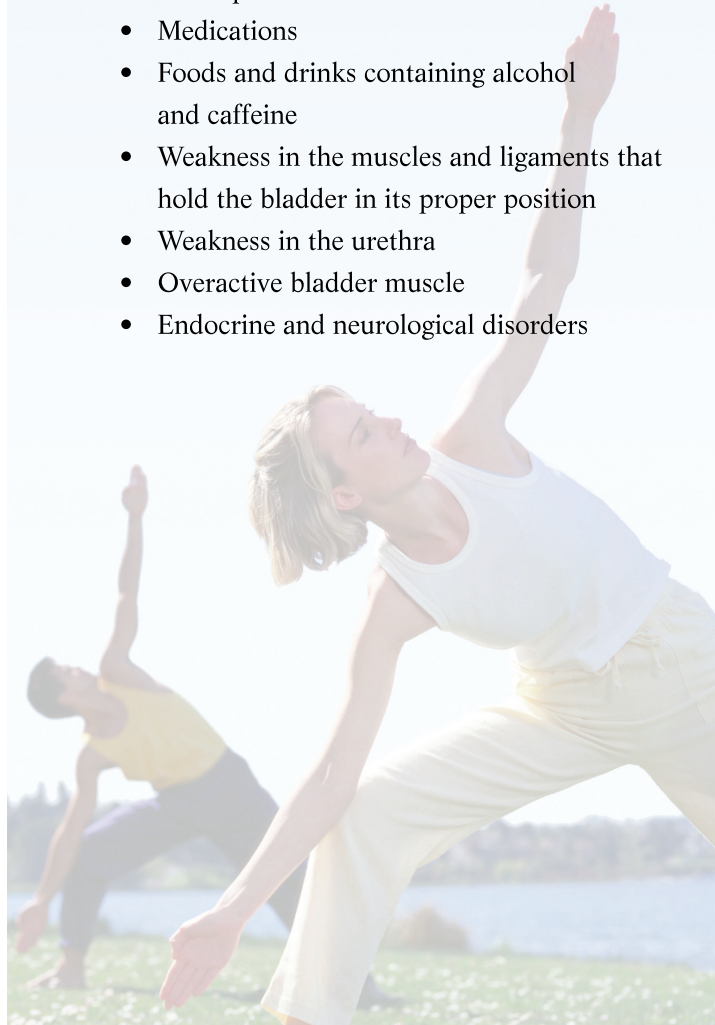
Overflow Incontinence occurs when the bladder is unable to empty properly. When the bladder is filled to capacity, any additional urine that is produced leaks out.



Causes of Urinary Incontinence

Causes of urinary incontinence can be both temporary and permanent. Often, there may be more than one cause. These may include:

- Urinary tract infections
- Pregnancy and delivery
- Constipation
- Medications
- Foods and drinks containing alcohol and caffeine
- Weakness in the muscles and ligaments that hold the bladder in its proper position
- Weakness in the urethra
- Overactive bladder muscle
- Endocrine and neurological disorders



For an appointment or evaluation, call Dr. Allan Klapper at (646) 898-4800. Our discreet and sensitive staff will make every effort to accommodate your requests and needs. Most insurances accepted.

Treatments for Urinary Incontinence

Following a thorough medical evaluation, your doctor will review the findings with you to make sure that you understand what is causing your symptoms.

At The Center for Female Continence and Pelvic Health at Downtown Hospital, our philosophy of treatment is to begin with the simplest and most effective options, adding other therapies as needed to relieve your symptoms. These initial therapies may include:

- Dietary modifications
- Treatment of infections
- Pelvic floor exercises
- Medications
- Behavior modifications

If these methods do not achieve the desired outcome, we may add additional therapies such as:

- Biofeedback Training - Interactive therapy that allows you to properly learn how to exercise and control your pelvic muscle.
- Bladder training - Techniques are taught which help train the bladder to empty on a more normal schedule.
- Collagen Injections - When the urethra has lost its ability to function, collagen is injected around the area to strengthen the urethra and help regain proper function. This is very effective at preventing urine loss.
- Surgical Therapies - If other methods have failed, we can offer you minimally invasive techniques, often performed as same-day outpatient surgery, with up to 95% success.

