

UROGYNÆCOLOGY

What is a urogynaecologist?

A urogynaecologist is a superspecialist in the field of women's health and specifically female pelvic floor disorders or problems. They have expertise in evaluating, diagnosing, and treating conditions of the female reproductive and urinary tract.

Which conditions do urogynaecologists treat?

Our expert urogynaecologist can diagnose and treat the following conditions in women:

- Reproductive tract anomalies
- Overactive bladder
- Fecal incontinence
- Urinary incontinence
- Uterine prolapse
- Post-hysterectomy prolapse
- Pelvic organ prolapse
- Vaginal fistulas
- Urinary tract infections (UTIs)
- Pelvic pain disorders

They can also help you manage problems associated with previous prolapse or incontinence surgery to reduce your risk of serious complications.

What are the symptoms of urogynaecology problems?

You can benefit from care by a urogynaecologist if you experience the following signs or symptoms:

- Heaviness, pulling, or fullness in your vagina
- Heaviness or fullness in your lower back area
- A bulge protruding from your vagina
- Aching during bowel movements
- Difficulty in emptying your bowel content properly
- Difficulty emptying your bladder completely
- Problems urinating
- An urgent or frequent need to urinate
- Frequent UTIs
- Leaking urine at inopportune times

These symptoms might embarrass you or indicate a serious problem requiring immediate medical treatment. See an expert at the first sign of new or unusual symptoms associated with pelvic floor problems.



What should I expect during my appointment?

During an appointment your doctor checks your vital signs and reviews your symptoms and medical history. We will complete a physical examination, including a pelvic exam, and might recommend you undergo further testing such as tests to evaluate bladder function, including your bladder's ability to empty or store urine and contract properly. A pelvic floor ultrasound (transperineal ultrasound) will be performed to evaluate the function of your pelvic organs at rest, during a contraction and during bearing down to understand your symptoms with your examination findings.

After your urogynaecologist reviews all the information, treatment options can be discussed with you, including:

- Making lifestyle changes
- Pelvic floor exercises
- Taking medications
- Laser treatments
- Minor surgical procedures
- Reconstructive surgical procedures

Your provider personalizes each treatment to best match the severity of your condition, lifestyle, and preferences to give you the best outcome and optimize your quality of life.

Don't live with uncomfortable or embarrassing urinary or gynaecological problems when help is within reach.