



**You're not
alone.**

**1 in 3 women suffer
from involuntary loss of
urine or incontinence.**

LOCATIONS & CONTACT

- **OUTREACH PROGRAM**

(484) 679-4339

- **UROGYNECOLOGY CARE
CENTER**

120 Valley Green Lane
King of Prussia, PA 19406

(484) 685-3045



UROGYNECOLOGY

BLADDER AND PELVIC FLOOR
HEALTH OUTREACH PROGRAM



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INDIVIDUALIZED CARE

for women with urinary leakage,
frequency, and urgency; and pelvic
organ prolapse.

**WOMEN
DESERVE
MORE.**



NEVER SETTLE

Whether your bladder symptoms are a minor nuisance or keeping you from living a more active life, you don't need to settle. There are treatments available to help regain control of your bladder – and lifestyle.

Axia Women's Health Urogynecology specialists provide individualized care to women experiencing the disruptive symptoms of urinary leakage, frequency, and urgency; and pelvic organ prolapse.

Women often delay or put off receiving care for these conditions due to embarrassment, when most of the time, these conditions can be addressed and resolved. Let the Axia Women's Health specialists help you regain control today.

Services are covered by most insurance plans.



43% of women in the U.S. experience an overactive bladder. The symptoms are more common than you think – and you don't have to put up with it.

CARE THAT'S CLOSE TO HOME

Bladder & Pelvic Health Outreach Program

Our outreach program offers an innovative approach to ensuring women can access the bladder and pelvic health treatment they need, closer to home. Our team, along with your local care providers who have been specially trained by our bladder and pelvic health specialists, now provide services at your local Axia care center, where it's most convenient for you. We all work hand-in-hand with your gynecology provider to ensure progress in your care.

Your First Visit

Your first visit with a specially trained nurse practitioner is typically 45 minutes long. This time will be used to:



Review your detailed urinary, bowel, and medical history



Conduct urine testing and physical exam



Educate and share best practices



Determine an individualized treatment plan to meet your needs

Your Care Partner

As program director, **Nicole Waetzman, MSN, CRNP**, works closely with the staff of the bladder and pelvic health program to help you achieve your goals. Nicole is a dual board-certified Nurse Practitioner with more than 20 years of experience working in women's health care and urology to help patients regain control of their bladders.



FREQUENTLY ASKED QUESTIONS

What is Incontinence?

Any amount of urinary leakage – whether just enough to be annoying or great enough volume to soak a pad – is considered incontinence.

What Causes Incontinence?

Changes in pelvic muscles, weakness, overactive bladder, changes in anatomy, and dietary irritants can all cause incontinence.

What is an Overactive Bladder?

Overactive bladder is urinary frequency or urgency with or without leakage. Anyone who urinates more than 8 times a day could have an overactive bladder.

What is Pelvic Organ Prolapse?

Pelvic organ prolapse occurs when the pelvic floor muscles and connective tissue weaken or tear, causing one or more of the pelvic organs to drop from their normal positions and bulge into the vagina.

What treatment options are available?

We offer a variety of treatment options tailored to each woman's needs. These may include:

- Pelvic muscle exercises
- Behavior therapy
- Botox
- Diet Modification
- Pessaries
- Medication
- Surgery
- Interstim