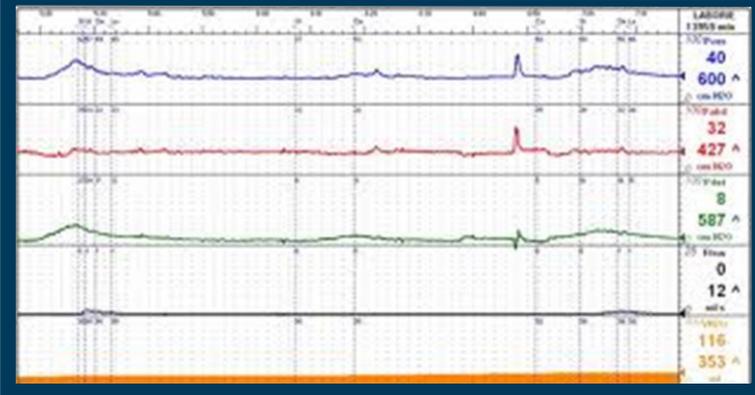


Urinary Incontinence, Urodynamics, and Pelvic Floor Rehab



In-Office Contenance Therapies

In an effort to treat patients comprehensively we offer a variety of in-office continence therapies and treatment options. The **benefit** of using our in-office therapies is consistent patient care, less out-of-pocket expense for the patient, a comfortable office environment, and performed by excellently trained, caring technicians and Physicians Assistants.

Urodynamics

We offer Urodynamics to patients to assess how the bladder, sphincter and urethra are performing to explain symptoms such as: incontinence, frequent urination, problems starting a urine stream, painful urination, problems emptying the bladder completely, and recurrent urinary tract infections.

Allowing us to evaluate your patients with Urodynamics will provide you with the information necessary to diagnose the cause and nature of a patient's incontinence, thus giving the best treatment options available. In addition we can be your partner in additional continence treatments such as Pelvic Muscle Rehab (PMR), Percutaneous Tibial Nerve Stimulation (PTNS), medication, surgical repair, and other options.

Pelvic Muscle Rehab (PMR)

Pelvic muscle rehabilitation is a series of 6 visits which includes pelvic muscle exercises, biofeedback therapy, and pelvic floor electrical stimulation. With supervised instruction, patients are taught how to strengthen their pelvic muscles to regain or improve their bladder control. It is a safe and effective treatment of urinary frequency as well as urge and mild stress incontinence.

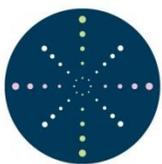
Percutaneous Tibial Nerve Stimulation (PTNS)

PTNS is a low-risk treatment with little to no side effects. This is a once-a-week, 30 minute treatment over a 12 week period. A fine needle electrode is inserted into the ankle area and a grounding pad is placed on the same leg to send stimulation through the tibial nerve. The needle electrode is then connected to an external pulse generator which delivers an adjustable electrical pulse that travels to the sacral plexus via the tibial nerve. Among other functions, the sacral nerve plexus regulates bladder and pelvic floor function. Many patients begin to see improvements by the 6th treatment.

Botox

Botox is a well-tolerated treatment for conditions like overactive bladder related incontinence to treatment of severely spastic bladders from neurologic disease. In many instances, our urologists can perform injection of Botox into the bladder in the office setting in about 10 minutes. The therapy typically lasts for 4-6 months (but can last longer) and then is re-injected. There is no limitation to the duration of using this type of therapy.

To schedule: 520.618.1010



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