

AN INTEGRATED APPROACH TO TREATING CHRONIC PELVIC PAIN

WHAT IS CHRONIC PELVIC PAIN?

Many women experience chronic pelvic pain but have no known cause, resulting in feelings of frustration and even depression.

The female urology specialists at Chesapeake Urology understand that although the cause of pelvic pain may not be easily pinpointed, the pain is real and, in many cases, can be effectively treated.

DID YOU KNOW?

Some 5% to 14% of women in the U.S. are affected by chronic pelvic pain.

Chronic pelvic pain is an integrated problem that requires a coordinated approach to diagnosis and treatment. The physicians at Chesapeake Urology perform a comprehensive work-up and extensive testing to rule out other pelvic conditions that may be causing a patient's pain.

CHRONIC PELVIC PAIN MAY BE ASSOCIATED WITH OTHER PELVIC CONDITIONS INCLUDING:

- Interstitial cystitis (IC) or painful bladder syndrome
- Endometriosis
- Chronic bladder infections
- Pelvic adhesions or scar tissue from a prior abdominal surgery
- Dysmenorrhea, or painful menstrual cramps
- Levator Ani Syndrome, which causes increased tension of the pelvic floor
- Vaginismus, or excessive tightness of the pelvic floor muscles around the opening of the vagina

TREATING CHRONIC PELVIC PAIN

While finding an exact cause of pelvic pain may prove difficult, Chesapeake Urology specialists can either treat a known medical condition that is causing pelvic pain or treat the pain on its own.

- Physical therapy – A specially trained physical therapist can perform soft tissue mobilization of pelvic floor muscles as well as relaxation techniques, pelvic floor muscle exercises and suggest exercises to improve poor posture
- If a diagnosis has been made, such as interstitial cystitis, endometriosis, a bladder condition or other cause of pain, the physician will prescribe the appropriate treatment for the diagnosed condition
- If no known cause of pain has been diagnosed, the physician may begin treatment with pain medication including:
 - Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen
 - Tri-cyclic antidepressants
 - Oral contraceptives to help reduce menstrual pain and pain associated with endometriosis
- Depending on the cause or origin of the pain, hysterectomy to relieve chronic pain may be recommended in individual cases

Speak with a Chesapeake Urology specialist to find the best solution to your patient's chronic pelvic pain. Call 877-771-9508, or visit us on the web at www.chesapeakeurology.com.

MEET OUR SPECIALISTS:



Conrad Duncan, M.D., F.A.C.O.G., F.A.C.S.

Certified by the American Board of Obstetrics and Gynecology

Board-certified in Urogynecology

Fellow of the American Congress of Obstetricians and Gynecologists

Fellow of the American College of Surgeons

Areas of specialty: Urogynecology including minimally invasive GYN surgery including robotic surgery, pelvic reconstructive surgery, female urinary incontinence, pelvic organ prolapse, fecal incontinence, interstitial cystitis, chronic pelvic pain, and vaginal birth injuries.



Kelly Johnson, M.D.

Fellowship trained in female urology, neurourology and urinary tract reconstruction

American Board of Urology Board Eligible

Areas of specialty: Female urology, neurourology, pelvic reconstructive surgery, urinary incontinence, pelvic prolapse, chronic pelvic pain, interstitial cystitis and complex neurogenic bladder cases