Bladder control problems such as overactive bladder (OAB) are common in women of all ages. In fact, more than 30 million Americans are living with OAB. The incontinence specialists at Chesapeake Urology have helped restore countless women living with OAB to a better quality of life.

HOW IS OVERACTIVE BLADDER DIAGNOSED?
The incontinence specialists at Chesapeake Urology will perform a comprehensive medical exam in addition to a urinalysis and blood work. Physicians often ask patients to keep track of urinary symptoms in a bladder diary. Additional testing may be required including:
- A pelvic ultrasound
- A post void residual test (PVR)
- Cystoscopy
- Urodynamic testing

WHAT ARE THE TREATMENT OPTIONS FOR OAB?
Chesapeake Urology incontinence specialists may recommend one or more of the following lifestyle modifications as first line treatments:
- Physical therapy, including pelvic floor muscle exercises and techniques such as timed urination, bladder training or delayed voiding
- Fluid and diet management
- Bladder diary
- Medications such as anticholinergics or Beta-3 agonists
- Bladder (Botox) injections to relax bladder muscles

Surgical treatment options include neuromodulation therapy, which works by addressing the communication lapse between the brain and the nerves that control the bladder utilizing an implantable neurotransmitter device.
- **Urgent PC®** – This therapy uses percutaneous tibial nerve stimulation (PTNS) to treat OAB symptoms. The slight electrical impulses inhibit frequent contractions of the pelvic floor and bladder muscles for better urinary control and less frequent urinary urges.
- **InterStim® therapy** – This implanted device stimulates the sacral nerves with mild electrical pulses to modulate the communications signals with the brain. This treatment is safe and effective and a viable option for patients who have not had success with lifestyle changes and first line therapies for OAB.
MEET CHESAPEAKE UROLOGY’S PELVIC HEALTH SPECIALISTS:

Andrew Shapiro, M.D., F.A.C.S.
Certified by the American Board of Urology
Fellow of the American College of Surgeons
Director, Chesapeake Urology Center for Continence and Pelvic Floor Dysfunction
Fellowship trained in female urology, neurourology and urinary tract reconstruction
Areas of specialty: Urinary incontinence, pelvic prolapse, voiding dysfunction, neurourology and complex neurogenic bladder cases

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, female urinary incontinence, overactive bladder, pelvic organ prolapse, fecal incontinence, abnormal uterine bleeding/fibroids, 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

Lisa Hawes, M.D.
Certified by the American Board of Urology
Areas of specialty: Female urologic conditions including incontinence, pelvic prolapse, urinary tract infections and interstitial cystitis; kidney stone disease and conditions

Kannan Manickam, M.D.
Certified by the American Board of Urology
Fellowship trained in female urology, urodynamics, pelvic floor and urinary reconstruction, and sacral neural modulation
Areas of specialty: Female incontinence and pelvic prolapse conditions

Kaiser Robertson III, M.D., F.A.C.S.
Certified by the American Board of Urology
Fellow of the American College of Surgeons
Areas of specialty: Urinary incontinence and pelvic reconstructive surgery

Sondra Beth Barker, CRNP, MS, RN
Working with urogynecologist Dr. Conrad Duncan, Sondra is a women’s health nurse practitioner who specializes in urogynecology.
Areas of specialty: Incontinence services including management of stress urinary incontinence and overactive bladder treatment programs, tibial nerve stimulation, urodynamics studies and medication management, as well as pelvic floor disorder services including management of chronic pelvic pain and interstitial cystitis, bladder instillations, vaginal pessary fitting and placement, medical therapy for pelvic organ prolapse, and sexual dysfunction

Victoria Staiman, M.D., F.A.C.S.
Certified by the American Board of Urology
Fellow of the American College of Surgeons
Areas of specialty: Female incontinence and pelvic prolapse, urinary tract infections, hematuria, voiding dysfunctions and kidney stone disease

Speak with a Chesapeake Urology specialist today to find the best solution to your patient’s urinary incontinence. Call 877-771-9508, or visit us on the web at www.chesapeakeurology.com.

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