



GET CONTROL OF YOUR OAB AND REGAIN CONTROL OF YOUR LIFE



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.



Sue Spurlock, RN, CURN

Certified by the Board of Urology Nurses and Associates

As a patient navigator, Sue works closely with Chesapeake Urology's incontinence physicians and patients to provide a continuum of care, guiding women through diagnostic procedures, setting appointments and scheduling testing, as well as answering all questions and/or concerns related to their condition and subsequent treatment options.

Join Chesapeake Urology's Overactive Bladder (OAB) Information Sessions and Interstim® Workshops

Women – Learn about effective OAB symptom management and treatment options offered by the team of continence specialists at Chesapeake Urology's comprehensive OAB program.

1. OAB Information Sessions

Facilitated by Chesapeake Urology's women's health nurse practitioner and OAB patient navigator, our monthly OAB information sessions provide women with education about OAB and its symptoms, who to turn to for help, effective treatment options, and ways to manage symptoms for a better long term quality of life.

2. Interstim Workshops

Interstim workshops provide information on this effective OAB treatment. The workshop is designed to assist individuals with the neuromodulation device on how to properly use it to manage urinary urge as well as to introduce the treatment to women who may be interested in this therapy in the future.

All information sessions and workshops are FREE and all are welcome to attend and bring a friend (or two!).

WHEN: First Saturday of every month in 2015 and 2016

- OAB Seminar – 10:00 AM to 11:00 AM
- Interstim Workshop - 1:00 PM to 3:00 PM

See back for complete schedule of all 2015 and 2016 information sessions.

**Please RSVP by calling Sue Spurlock at 443-738-8175.
(If you reach Sue's voicemail, please leave your name and phone number to RSVP.)**

More on Back...

Over Active Bladder Seminars, 10:00 a.m.

SATURDAY, NOV 7, 2015

Woodholme Office
1838 Greene Tree Rd #460
Pikesville, MD 21208

SATURDAY, DEC 5, 2015

St. Agnes Office
3407 Wilkens Ave #210
Catonsville, MD 21229

SATURDAY, JAN 2, 2016

Towson Office
8322 Bellona Ave #202
Towson, MD 21204

SATURDAY, FEB 6, 2016

Franklin Square Office
6820 Hospital Drive #210
Baltimore, MD 21237

SATURDAY, MAR 5, 2016

Silver Spring Office
3801 International Drive #310
Silver Spring, MD 20906

SATURDAY, APR 2, 2016

White Plains Office
4225 Altamont Place #101
White Plains, MD 20695

SATURDAY, MAY 7, 2016

Westminster Office
410 Malcolm Drive, Ste A
Westminster, MD 21157

SATURDAY, JUN 4, 2016

Maple Lawn Office
7625 Maple Lawn Dr #210
Fulton, MD 20759

SATURDAY, JUL 2, 2016

Union Memorial Office
3333 N, Calvert Street #600
Baltimore, MD 21218

SATURDAY, AUG 6, 2016

Havre De Grace Office
251 Lewis Lane #203
Havre De Grace, MD 21078

SATURDAY, SEPT 3, 2016

Silver Spring Office
3801 International Drive, #310
Silver Spring, MD 20906

SATURDAY, OCT 1, 2016

White Plains Office
4225 Altamont Place #101
White Plains, MD 20695

SATURDAY, NOV 12, 2016

Woodholme Office
1838 Greene Tree Rd #460
Pikesville, MD 21208

SATURDAY, DEC 3, 2016

St. Agnes Office
3407 Wilkens Ave # 210
Catonsville, MD 21229

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**To learn more about Women's Services at Chesapeake Urology,
all us at 877-771-9508 or visit
<http://womenshealth.chesapeakeurology.com>.**