

**DARTMOUTH-HITCHCOCK • KEENE**

**WOMEN'S CONTINENCE AND PELVIC HEALTH CENTER**

Welcome to the Women's Continence Program of Southern New Hampshire. We are here to provide treatment for your urinary incontinence with a variety of treatment options tailored for you. These options include bladder training, medication, and pelvic floor muscle rehabilitation enhanced by biofeedback or muscle stimulation. (Please see page two for a description of treatment options.)

Urinary incontinence is very common and has many causes and treatments. One first step in your treatment is to evaluate the "type" and "degree" of incontinence. The questionnaire that follows helps us to do this, and then helps us to develop a plan for your care. Please fill the questionnaire out as completely as possible and mail it to me at the address below. When I receive the questionnaire, my office will call to give you an appointment. I will be coordinating your care to ensure that you receive the best possible outcome of your treatment program. We look forward to meeting you. If you have any questions or problems, please give me a call at the number provided.

Sincerely,

Maria M. Powers, A.R.N.P.  
590 Court Street  
Keene, New Hampshire 03431  
603-354-6643  
1-888-8813-1311

## **TREATMENT OPTIONS FOR URINARY INCONTINENCE**

1. **BIOFEEDBACK:** Biofeedback is a simple and painless technique that can help you learn pelvic floor exercises. A special tampon-shaped sensor is placed in your vagina, and a flat sensor is placed on your abdomen. The sensors read electrical signals given off when you contract or relax your muscles. These signals are then shown on a computer screen. By letting locate the correct muscles, biofeedback can help you learn how to most effectively strengthen your pelvic floor muscles.

Usually, biofeedback is done 6-8 times about 2 weeks apart, with a home exercise assignment.

2. **MUSCLE STIMULATION:** Electrical stimulation uses a similar type of probe and equipment as is used for biofeedback. During this therapy, tiny, painless amounts of electrical current are sent through the muscles of your pelvic floor and bladder. For people with stress incontinence and very weak or damaged pelvic floor muscles, electrical stimulation can help these muscle contract so they can get stronger. For those with urge incontinence, electrical stimulation may help the bladder relax and prevent it from contracting unnecessarily.

Muscles stimulation is a take-home product that is used between 3-6 months.

3. **BLADDER TRAINING.** We feel that you should empty your bladder every two hours. Some people feel the need to empty more frequently. Bladder training teaches these people to delay urination.

4. **OTHER OPTIONS:**

- A. Medication
- B. Vaginal devices to support the pelvic floor
- C. Diet Modification
- D. Skin care of the vulva

## **Insurance Information**

If you have a Managed Care Insurance and your Primary Care Provider is outside of the Dartmouth-Hitchcock Keene system, you need to request two referrals from your Primary Care Provider for your initial and follow-up appointments. One referral for your appointment with me, Maria Powers, A.R.N.P. and a referral for Physical Therapy through Farnum Rehab at Cheshire Medical Center. You need to bring the referral forms to your first appointment or your Primary care Provider will need to call an authorizations number to our office.

Thank you,

Maria