



PHYSICIANS:

James Chivian Lukban, DO, FACOG, FACS completed a Fellowship in Pelvic Floor Surgery at The Cleveland Clinic Foundation in Cleveland, Ohio. He completed his residency in Obstetrics & Gynecology and chief resident year at Monmouth Medical Center in Long Branch, New Jersey. Dr. Lukban received his Doctor of Osteopathy degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. Dr. Lukban is a prolific lecturer on urogynecology and has authored book chapters and articles on chronic pain in interstitial cystitis, voiding dysfunction, vaginal and prolapsed and urinary incontinence.

Dr. Lukban is an Associate Professor and the Director of Urogynecology and Gynecologic Specialties & General Obstetrics within the Department of Obstetrics & Gynecology at Eastern Virginia Medical School.

Kindra Larson, MD completed her Female Pelvic Medicine and Reconstructive Surgery Fellowship within the Department of Obstetrics & Gynecology at the University of Michigan Health Center. Dr. Larson completed her Obstetrics & Gynecology residency and chief resident year within the Department of Obstetrics & Gynecology at the University of Rochester Medical Center in Rochester, New York. Her clinical interests include Female Pelvic Floor Disorders such as: urinary incontinence, pelvic organ prolapse, overactive bladder, interstitial cystitis, vulvodynia, postpartum pelvic floor disorders and perineal concerns, and robotic assisted prolapse surgery.

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UROGYNECOLOGY



WHAT IS A UROGYNECOLOGIST?

A Urogynecologist is an Obstetrician/ Gynecologist who has specialized in the care of women with Pelvic Floor Dysfunction. The Pelvic Floor is the muscles, ligaments, connective tissue, and nerves that help support and control the rectum, uterus, vagina, and bladder. The pelvic floor can be damaged by childbirth, repeated heavy lifting, chronic disease or surgery.

WHAT KIND OF TRAINING DOES A UROGYNECOLOGIST HAVE?

Urogynecologists have completed medical school and a four-year residency in Obstetrics and Gynecology. These doctors become specialists with additional training and experience in the evaluation and treatment of conditions that affect the female pelvic organs, and the muscles and connective tissue that support the organs. The

additional training focuses on the surgical and non-surgical treatment of non-cancerous gynecologic problems.

WHEN SHOULD I SEE A UROGYNECOLOGIST?

You should see (or be referred to) a Urogynecologist when you have problems of prolapse, and/or troublesome incontinence or when your primary doctor recommends consultation. Other problems for which you or your doctor might think about consulting a urogynecologist include: problems with emptying the bladder or rectum, pelvic pain, and the need for special expertise in vaginal surgery.

Some problems due to Pelvic Floor Dysfunction and their symptoms are:

- 1. Incontinence:** Loss of bladder or bowel control, leakage of urine or feces.
- 2. Prolapse:** Descent of pelvic organs; a bulge and/or pressure; 'dropped uterus, bladder, vagina or rectum.'
- 3. Emptying Disorders:** difficulty urinating or moving bowels.
- 4. Pelvic (or Bladder) Pain:** Discomfort, burning or other uncomfortable pelvic symptoms, including bladder or urethral pain.
- 5. Overactive Bladder:** Frequent need to void, bladder pressure, urgency, urgency incontinence or difficulty holding back a full bladder.

WHAT TREATMENT OPTIONS ARE AVAILABLE FROM A UROGYNECOLOGIST?

A Urogynecologist can recommend a variety of therapies to cure or relieve symptoms of prolapse, urinary or fecal incontinence, or other pelvic floor dysfunction symptoms. He or she may advise conservative (non-surgical) or surgical therapy depending on your wishes, the severity of your condition and your general health. Conservative options include medications, pelvic exercises, behavioral and/or dietary modifications and vaginal devices (also called pessaries). Biofeedback and Electric Stimulation are two newer treatment modalities that your Urogynecologist may recommend. Safe and effective surgical procedures are also utilized by the Urogynecologist to treat incontinence and prolapse. He or she will discuss all of the options that are available to treat your specific problem(s) before you are asked to make a treatment decision.

It is not a normal part of a woman's aging process to develop uncomfortable, troublesome symptoms of incontinence or prolapse. Women need not 'learn to live with it.' Effective help is available through the services of a Urogynecologist.