

HALF OF ALL WOMEN...

...have never talked to their provider about urinary incontinence.

Allegan's Pelvic Wellness Center is your solution for complete care of the half you have been avoiding.

We provide a multi-specialty approach to pelvic health. We've brought together a team of providers from primary care, urology, and physical therapy to provide personalized assessment and treatment plans to restore your quality of life.

If you are experiencing any of the following symptoms or conditions, call (269) 686-5800 to schedule an initial consultation:

- Urinary incontinence
- Urinary frequency
- Vaginal dryness
- Pelvic pain
- Pelvic organ prolapse

Fast Facts on Urinary Incontinence

What it is

It is the involuntary loss of urine, often occurring at undesirable times.

Causes

Many possible reasons cause women to leak urine.

It can happen:

- after pregnancy or childbirth
- with increasing age
- after menopause due to less estrogen
- after a hysterectomy
- when the muscles that help to hold or release urine are weakened
- as a result of constipation
- with physical problems associated with aging

Symptoms

- Leakage of small amounts of urine during physical movement (i.e. coughing, sneezing, exercising).
- Leakage of urine at unexpected times.
- Urinating more often and feeling the sudden need to go.
- Frequent trips to the bathroom at night.

Lifestyle Management

- Nutritional counseling
- Bladder retraining
- Kegel exercises
- Treatment of constipation
- Weight reduction
- Smoking cessation

Treatment Options

- Pelvic floor rehabilitation
- Non-systemic vaginal estrogen
- Surgery
- Medications (short-term)
- Physical therapy



 Allegan General Hospital

 Allegan Professional Health Services

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