



A team of experts, including Dr. William Rush and dietitian Shannon Lingg, help women stop running for the restroom and find relief from bladder problems.

Take Control of Bladder Problems — and Your Life

By Shelly Reese

At some point in their lives, three of every four women will suffer from urinary leakage, known as incontinence. Many women never seek help. They cut back on their activities and suffer in silence — even though the problem is treatable.

These are the women William Rush, MD, and the dedicated team at Good Samaritan Hospital's Women's Center for Bladder & Pelvic Health hope to reach.

"Incontinence doesn't have to be a taboo subject," says Dr. Rush, an obstetrician/gynecologist at Lifestages-Samaritan Centers For Women™. "Women need to know they have nothing to be embarrassed about and that we can help."

Incontinence is as treatable as it is common, Dr. Rush says. Using the latest diagnostic technology, the team of physicians, nurses, specially trained physical therapists and a dietitian can determine whether the culprit is a lack of bladder control (urinary incontinence) or slippage (prolapse) of one or more of the pelvic organs. Prolapse can occur when childbirth, chronic cough or constipation weakens the pelvic muscles. Some women may even be troubled by having to use the restroom frequently, urgently or with pain.

Treatments may include nutritional counseling, physical therapy, medication and a range of minimally invasive surgery options.

"Most women are relieved to hear

they're not alone," says Dr. Rush. "Incontinence is a condition that dominates their lives. It determines where they go, what they do and how they time their activities." By visiting the Women's Center for Bladder & Pelvic Health, they take the first step to regain control of their lives. "When we treat a woman's incontinence, we can really improve her quality of life," he says.

To learn more about the Women's Center for Bladder & Pelvic Health at Good Samaritan Hospital or to make an appointment, please call (937) 277-8988 or (888) 808-1016. You can also learn more at: www.GoodSamDayton.org/Bladder.