

Liz M
(A very satisfied patient)

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Las Colinas OB-GYN Website

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To *Any and All Sweet Ladies* considering the services of Dr. John Zavaleta and Dr. John Hanson!

When the “bladder incontinence” I had experienced for several years worsened from occurring only when I laughed or unexpectedly sneezed or coughed to my simply having “leakage” any time, I was forced to graduate from feminine napkins to disposable panties. I’d never meant to let this condition go so long without attention, but it had been necessary for me to have some other minor surgeries and my bladder problem just kept being delayed.

I had also begun to experience trouble having bowel movements and I had initially sought guidance from the physician who had performed my first colonoscopy – he introduced me to the term “rectocele (a wall of fibrous tissue separating from the rectum from the vagina which becomes weakened, allowing the wall of the rectum to bulge into the vagina), but he told me he doubted that was my problem and recommended I experiment more with the fiber for better results. Then just before Christmas, 2008, I began experiencing vaginal bleeding. Having suffered through that several years previously, I decided it was time that I find a true specialist to help me find out what was wrong.

My mother-in-law had been directed to Dr. John Zavaleta the year before because of a prolapsed bladder and a rectocele. I’d met Dr. Zavaleta the day of her surgery and remembered how well I’d liked his bedside manner, not only with my mother-in-law, but in talking with her husband, my husband and me. So, I immediately contacted his office (Las Colinas OB-GYN) and made an appointment.

Other physicians who had recognized my bladder incontinence had simply said that they could remedy that condition – all I had to do was say when. But when I visited Las Colinas OB-GYN, Dr. Zavaleta explained that we would first be completing a battery of tests which would gather the information he needed to accurately assess my problems. I never could have imagined the thoroughness and degree of testing and examinations that Dr. Zavaleta coordinated so that we would know exactly what was wrong, and what would be required to remedy my situation.

I must be honest -- I did have some anxiety about the tests Dr. Zavaleta wanted to run, but he and his staff thoroughly and patiently explained what each test determined and how each test was performed. Dr. Zavaleta's nursing staff (Holly, Veronica, Priscilla, Virginia and others!!) are so skilled in helping the patients through these tests – they are truly incredible. They alleviated my fears through their patient guidance and assistance. So, even though there were several weeks of testing involved, within several weeks Dr. Zavaleta had obtained a thorough understanding of my condition: I needed to have repaired:

- A prolapsed bladder
- A Rectocele (prolapsed rectum falling into the vagina)
- A Enterocoele (a hernia related to the prolapsed rectum)
- A Prolapsed vaginal vault
- A possible hysterectomy

My scheduled surgery day quickly arrived and after a short “hello” from Dr. Zavaleta, Dr. Hanson (his associate), and the anesthesiologist, I was taken away to surgery. When I awoke, Dr. Zavaleta carefully explained that when they accessed the surgery sites, they found a lesion on the wall of my vagina very close to the cervix that prevented them from doing any of the intended surgeries. He had been able to take a biopsy of the lesion, as well as perform a D&C, both of which were submitted for pathology testing. Dr. Zavaleta explained that he would prescribe some medication to begin healing the lesion; we would wait for the pathology results on the biopsy and D&C, and then work to reschedule the surgery at later time.

Needless to say, I was disappointed that we were unable to proceed with the surgery at the intended time. However, I was so grateful that Dr. Zavaleta was not the type of doctor who would have proceeded with a hysterectomy and the other surgeries in spite of the lesion. The fact that he called everything to a complete halt and refocused on treating the lesion condition first meant to me that he was a safe and cautious doctor who took a conservative approach for the benefit of the patient and not his pocketbook.

The pathology results of the lesion and D&C were a relief – there were no malignancies and there was no need for a hysterectomy. So, we waited three months while I took medication to heal the lesion. As Dr. Zavaleta was first a pharmacist before he became an OB-GYN medical doctor, he had great expertise in knowing exactly what medications I needed and specific methods of taking the medications. Fortunately, after three months, the lesion had healed sufficiently that Dr. Zavaleta was ready to proceed with the surgery.

I had my surgery on a Thursday morning, performed by Dr. Zavaleta with his associate, Dr. Hanson, again assisting. Dr. Zavaleta had explained to me that in addition to the general anesthesia which would be administered, he also numbed the areas on which he would be performing the repairs. When I awoke from the surgery, I felt no pain whatsoever. Later that evening, I began to feel some “sensations” but what I felt was not pain at all – it was simply the sensation of numbed areas regaining their feelings. The next morning, Dr. Zavaleta arrived to check on me and released me to go home. All through the next several days I kept waiting and waiting and waiting for “the pain” to begin – but it simply never arrived. I was amazed at how great I felt following the surgery.

I took it easy following my surgery and followed Dr. Zavaleta's instructions on not lifting anything heavy or doing any type of “jarring” exercises. I am now entering my 4th post-operative month and feel absolute wonderful! No more feminine napkins or disposable panties! I can have

bowel movements! I am a new woman!

There is no doubt in mind when you become a patient with Las Colinas OB-GYN, you also will find Dr. John Zavaleta to be a wonderfully kind, but extremely experienced specialist for pelvic floor reconstruction. Dr. John Hanson mirrors the same excellence of Dr. Zavaleta's skill and professional demeanor. And last, but certainly not least because they will spend a lot of time with you as a patient, the administrative personnel and the nursing personnel are extraordinary at Las Colinas OB-GYN – I don't believe I've ever been treated so personably and kindly.

If you are experiencing any type of "female" problem or problems with bowel movements, urinary incontinence, etc., Dr. John Zavaleta is the specialist to see. You have my word on it!

Liz M.