

Reclaim Quality of Life through Successful Incontinence Care

The Las Colinas Center for Women's Continence

Have sneezing, laughing and getting a little exercise become the source of embarrassing situations? Are you keeping a secret about urinary incontinence? If so, and you're too uncomfortable to talk to your doctor about it, you're not alone. Nearly 20 million American women are living with urine leakage and often avoid situations that could reveal their condition. Many women mistakenly believe that incontinence is just a part of getting older — but it's not!

"Urinary incontinence is not an inevitable part of the aging process," emphasizes John J. Zavaleta, M.D. of Las Colinas Center for Women's Continence. "Highly effective, minimally-invasive treatments are available, and most can be done in out-patient settings."

"A lot of women aren't aware that a specialty exists for management and care of pelvic floor and incontinence conditions," Dr. Zavaleta adds. "Time and again, women will suffer unnecessarily with pelvic prolapse and incontinence simply because they haven't seen the right specialist and undergone the appropriate care."

"However, with sophisticated testing mechanisms like urodynamics and cystourethroscopy, the precise nature of the problem can be identified, allowing treatment plans to be individualized for each woman's unique condition."

Advanced Improvements in Care

From pharmacologic management to pelvic floor rehabilitation and minimally-invasive reconstructive surgical

techniques, effective solutions exist for virtually every form of incontinence and pelvic floor disorder.

"For women with overactive bladder conditions who have failed to improve with pharmacological management, we can now provide a new treatment option that uses mild electrical pulses to stimulate the nerve that controls the bladder and surrounding muscles that manage urinary function," says Dr. Zavaleta.

Tears in the connective tissue are another common problem that can lead to incontinence. Although many tears occur as the result of both vaginal and c-section deliveries, tears may also be caused by obesity, poor nutrition, smoking, chronic cough, constipation, heavy lifting or having genetically poor tissue strength.

"The surgical procedure to correct these defects is called a 'site specific repair'," Dr. Zavaleta explains. "By restoring the muscular structure of the vagina, this procedure can not only correct incontinence, but it may also enhance sexual pleasure, improve bowel function and alleviate low back pain."

The Life You Deserve

"Our highest priority is to provide patients with a safe, welcoming environment," Dr. Zavaleta says. "We want you to feel comfortable expressing your concerns and asking the questions that may feel awkward to discuss."

"No woman needs to simply 'live with' incontinence. It is my personal commitment to ensure your quality



John J. Zavaleta, M.D.

of life through superior care and the most current procedures and resources available."

An expert in the diagnosis and management of female urinary incontinence, pelvic organ prolapse and fecal incontinence, Dr. Zavaleta, together with his staff, provides a complete range of treatment options for urinary incontinence and other pelvic floor disorders at Las Colinas Center for Women's Continence, in Irving, Texas.

To learn more, or to schedule a consultation, please call
972-257-5300 or 877-4-TEX-GYN.

Visit the websites at
lascolinasobgyn.com,
solutionsforvaginalprolapse.com and
solutionsforurinarycontinence.com.

