

Some women with incontinence and/or prolapse have not sought medical treatment for a number of reasons—because they were embarrassed, feared that their condition was caused by serious medical issues, were afraid they might need surgery, or erroneously believed their incontinence or prolapse is a normal condition of aging.



Incontinence and prolapse are infrequently caused by serious medical conditions. However, these conditions are also not normal, regardless of age or health. They can devastate a woman psychologically as well as

socially, emotionally, and physically. Fortunately, there are treatments available that can cure incontinence and prolapse, and restore a woman's quality of life.

Treatment for incontinence and prolapse can be non-surgical and surgical. Physicians at Yale Urogynecology and Reconstructive Pelvic Surgery base their treatments on each woman's individual preference. Some women prefer non-surgical therapy; others request surgery; a few only want the reassurance that their incontinence or prolapse is not caused by serious medical conditions. We make sure that each woman is fully aware of all the available treatment options and help her choose a treatment plan that matches her comfort level and lifestyle. Any woman whose daily activities and quality of life are being affected by incontinence or prolapse should talk to her healthcare provider about available treatment options.

## DIRECTIONS

**I-95 from North or South** Take Exit 47 onto Route 34 toward downtown New Haven. From Route 34 take Exit 2. At end of ramp, turn left onto College Street. Proceed one block and bear right onto Congress Avenue. The second light is Howard Avenue. Continue through intersection and turn right into the Howard Avenue Garage.\*

**I-91 Traveling South (from Hartford)** Take Exit 1 onto Route 34 toward downtown New Haven. From Route 34 take Exit 2. At end of ramp, turn left onto College Street. Proceed one block and bear right onto Congress Avenue. The second light is Howard Avenue. Continue through intersection and turn right into the Howard Avenue Garage.\*

**Route 15 Traveling North (from New York City)** Take Exit 54 for connector to I-95. At end of connector, take I-95 north toward New Haven. From I-95, take Exit 47 onto Route 34 toward downtown New Haven. From Route 34 take Exit 2. At end of ramp, turn left onto College Street. Proceed one block on College Street, and bear right onto Congress Avenue. The second light is Howard Avenue. Continue through intersection and turn right into the Howard Avenue Garage.\*

**Route 15 Traveling South (from Hartford)** Take Exit 57 to Route 34 East. Follow Route 34 East for 4.4 miles to Ella T. Grasso Boulevard. Turn right on E.T. Grasso (Route 34 E. & Route 10 South). On E.T. Grasso, proceed to second light and turn left onto Legion Avenue, which becomes South Frontage Rd. At fourth light, turn right onto Howard Avenue. Beyond the third light is the Yale Physicians' Building at 800 Howard Avenue and the Howard Avenue Garage\* on the right.

\* Park in the Howard Avenue Garage. Take the elevators to the street level. Turn left out of the elevator. Once outside the garage, turn left and enter the Yale Physicians' Building.

### Yale Urogynecology and Reconstructive Pelvic Surgery

Yale Physicians' Building	<a href="http://www.yaleobgyn.org/uro">www.yaleobgyn.org/uro</a>
Third Floor	(203) 785-6927
800 Howard Avenue	Office Hours:
New Haven, Connecticut 06519	Monday through Friday
	8:30 AM – 5 PM



# Yale Urogynecology and Reconstructive Pelvic Surgery



## OUR CENTER SPECIALIZES IN EVALUATION, NON-SURGICAL AND SURGICAL TREATMENT FOR WOMEN WITH:

- Urinary incontinence (accidental loss of urine)
- Bowel incontinence (accidental loss of stool)
- Pelvic organ prolapse (uterus, vagina, bladder or rectum that have dropped from their normal position)
- Interstitial cystitis (bladder wall inflammation)
- Sexual dysfunction resulting from incontinence and prolapse

Many people think incontinence and pelvic organ prolapse are uncommon problems that affect only a small number of elderly or disabled women. In contrast, our data has revealed that approximately 35 percent of women who visit their gynecologist's office for routine care have urinary incontinence and 40 percent have moderate to severe pelvic organ prolapse. In addition, 13 percent of postmenopausal women have bowel incontinence.



We do more than provide the latest advances—we discover them.



## DETERMINING YOUR SYMPTOMS

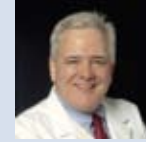
1. Do you accidentally leak urine when you cough, sneeze, run, jump, lift something heavy, or perform any kind of strenuous activity?
2. Do you often have such a strong urge to void that you leak urine before you can reach a bathroom?
3. Do you have to void more than once every hour during the day or more than three times at night?
4. Do you accidentally pass gas or stool at least once per week?
5. Do you often have such a strong urge to have a bowel movement that you pass some stool before you can reach the bathroom?
6. Have you noticed a bulge in your vaginal area when bathing?
7. Do you have to physically adjust a protrusion in the vaginal area to void or to have a bowel movement?
8. Do you have pelvic pressure or heaviness in the vaginal area that disappears when you lie down?

**If you answered yes to any of these questions, speak with your healthcare provider or call Yale Urogynecology and Reconstructive Pelvic Surgery to schedule an appointment with one of our specialists.**

## EVALUATION AND TREATMENT PROCESS

Our goals are to help you understand your condition, ensure that you are fully aware of the available treatment options, and help you select a treatment that matches your comfort level to improve your quality of life.

- An initial visit lasting approximately one hour. The examination is very similar to a routine gynecologic exam. There will be ample time to thoroughly discuss your condition and treatment options. Please feel free to have someone accompany you to our office.
- Consultation with one of our highly trained and experienced physicians who specializes in treating women with urinary and fecal incontinence and pelvic organ prolapse.
- Appropriate diagnostic tests with our state-of-the-art equipment.
- Continued open communication with your referring physicians throughout your evaluation and treatment.
- Partnering with you to develop a treatment plan that considers your goals and expectations.



Richard S. Bercik, MD  
*Assistant Professor*  
*Director, Urogynecology and Reconstructive Pelvic Surgery*

Dr. Bercik obtained his medical degree from UMDNJ-New Jersey Medical School and completed his Obstetrics and Gynecology residency at New York University-Bellevue Medical Center in New York City. He was the Director of Gynecology and Chief of Service of OB/GYN at Bellevue and Co-Director of the Urogynecology/Pelvic Reconstructive Surgery service prior to coming to Yale. Dr. Bercik has extensive experience with vaginal, laparoscopic and abdominal reconstructive procedures for conditions including urinary incontinence, fecal incontinence, pelvic organ prolapse and vaginal fistulae. Dr. Bercik is a Fellow of the American College of Obstetrics and Gynecology and is Board-Certified.



Kathleen Connell, MD  
*Assistant Professor*  
*Director of Research, Urogynecology and Reconstructive Pelvic Surgery*

Dr. Connell earned her medical degree, completed residency training, and served as Administrative Chief Resident in Obstetrics and Gynecology at the State University of New York Health Science Center at Brooklyn. She completed a comprehensive three-year Fellowship in Urogynecology and Reconstructive Pelvic Surgery at the Albert Einstein College of Medicine/Montefiore Medical Center (AECOM) in New York. She was recruited to Yale as an Assistant Professor and is the Director of Research for the Division of Urogynecology and Reconstructive Pelvic Surgery. Her research focuses on molecular and cellular etiologies of pelvic organ prolapse and she has presented her work at national and international meetings. Dr. Connell is certified by The American Board of Obstetricians and Gynecologists and specializes in minimally invasive/laparoscopic, abdominal and vaginal reconstructive surgical treatments for pelvic organ prolapse and incontinence.



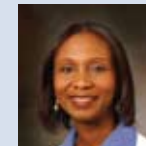
Marsha K. Guess, MD, MS  
*Assistant Professor*  
*Fellowship Director, Urogynecology and Reconstructive Pelvic Surgery*

Dr. Guess earned her medical degree, completed her residency training and served as Administrative Chief Resident in Obstetrics and Gynecology at the University of California, Los Angeles School of Medicine. She completed a comprehensive three-year fellowship in Urogynecology and Reconstructive Pelvic Surgery at the Albert Einstein College of Medicine/Montefiore Medical Center (AECOM) in New York. She was recruited to Yale where she continues to engage in translational research on cellular mechanisms involved in pelvic organ prolapse. Dr. Guess is certified by The American Board of Obstetricians and Gynecologists and specializes in vaginal, minimally invasive/laparoscopic, and abdominal reconstructive surgery.



Elisabeth Erekson, MD, MS  
*Assistant Professor*  
*Urogynecology and Reconstructive Pelvic Surgery*

Dr. Erekson earned her medical degree from the University of Illinois at Chicago School of Medicine. She completed her residency and served as Academic Chief Resident at Saint Louis University School of Medicine in St. Louis, MO. She completed a comprehensive fellowship program in Female Pelvic Medicine and Reconstructive Surgery at the Alpert Medical School of Brown University at Women and Infants' Hospital of Rhode Island. She was recruited to Yale in 2009 where she will pursue research in epidemiology of pelvic floor disorders, clinical outcomes and quality improvement in gynecology. Dr. Erekson is certified by The American Board of Obstetricians and Gynecologists and specializes in robotic, laparoscopic, and minimally invasive vaginal reconstructive approaches to surgery for urinary incontinence and prolapse.



Cherrilyn Richmond, MS, APRN, WHNP  
*Women's Health Nurse Practitioner*  
*Urogynecology and Reconstructive Pelvic Surgery*

Ms. Richmond obtained her MS from the Women's Health Nurse Practitioner and Family Nurse Practitioner Program at Columbia University in New York. She worked as Nurse Practitioner in the Department of Urology at New York Presbyterian Hospital/Weill Medical College of Cornell University. She specializes in pelvic floor muscle rehabilitation with electrical stimulation, urodynamic studies, and acupuncture with stimulation. She also treats patients with various urogynecological and gynecological conditions.