What is Pelvic Floor Medicine?

Advanced techniques help today’s active women feel feminine and confident all day and all night.

Millions of women suffer incontinence, beginning in their 20’s and 30’s. Experts in Pelvic Floor Medicine, the latest OB/GYN subspecialty, offer effective solutions. “Pelvic Floor Medicine is not only about the bladder,” says Salil S. Khandwala, MD, FACOG, and head of Oakwood’s Division of Urogynecology. “It also includes management of fecal incontinence, pelvic organ prolapse management, and pelvic pain.”

Patients can find symptoms of these conditions embarrassing and are often reluctant to seek help. “Women circumvent the problem by avoiding exercise or by frequently using the bathroom,” says Dr. Khandwala. “Some rarely leave home, fearing public ‘accidents.’ Some physicians don’t always encourage active treatment, and many misperceptions prevent these ladies from seeking medical therapies.”

Dr. Khandwala believes there is a great need to educate women about readily available and successful treatment options for incontinence and pelvic organ prolapse.

Dr. Khandwala performs innovative urethral stabilization using minimally invasive surgery entirely under local anesthesia. Working from inside the vagina, a mesh sling is placed to support the urethra, preventing leakage under stress. There is no outside incision. Most patients are in the outpatient procedure room for an hour and back to work the next day. Minimal restrictions last only 3-4 weeks. “I’ve done over 200 third-generation slings, and obtained phenomenal results with zero complications,” he says.

To schedule a pelvic floor evaluation, call 313-982-0200

Learn more about Oakwood’s Division of Urogynecology at www.oakwood.org or call 800.543.WELL

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