

## WHY IS OUR PROGRAM UNIQUE?



●Maureen Goldman, CNP is uniquely qualified as the only Women's Health Nurse Practitioner and health professional in SW Colorado to be Board Certified by the highly recognized Biofeedback Certification International Alliance in Pelvic Muscle Dysfunction Biofeedback (BCB-PMD).

●Maureen brings to Sage Health Care her expertise as a women's health nurse practitioner, pelvic floor rehab qualifications & training (including coursework, a one year mentorship program and a certifying exam), & her years of experience performing Pelvic Floor Rehab in collaboration with OB-GYN physicians in the Four Corners area and New Mexico.

●Our Pelvic Floor Rehab Program utilizes specialized equipment to offer a non-surgical, non-medication approach for treating bladder or bowel incontinence, prolapse or vaginal bulging, over-active bladder, pelvic and/or vaginal pain, and rectal pain/constipation.

●We take the time to educate women on strengthening pelvic floor muscles by integrating biofeedback, electrical muscle stimulation, behavioral techniques, and Chi Nei Tsang/Reiki body work. It is a completely pain-free treatment provided in a safe, comfortable and caring environment.

●Women can learn to regain control over their lives. **Live, Laugh and Not Leak!**

## COULD YOU BENEFIT FROM PELVIC FLOOR REHABILITATION?



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|--|-------|
| 1. Do you leak when you cough, sneeze, or exercise?  | Y / N |
| 2. Do you wear a pad for protection from leaking or soiling?   | Y / N |
| 3. Do you urinate more than once after going to bed?   | Y / N |
| 4. Do you have trouble making it to the toilet in time when you have the urge to go?   | Y / N |
| 5. Do you use the toilet just in case before you have the urge to go?  | Y / N |
| 6. Do you feel you don't empty your bladder completely?  | Y / N |
| 7. Do you have difficulty emptying your bowels or leakage of stool?  | Y / N |
| 8. Do you have "triggers" that make you feel like you can't wait to go to the toilet? (i.e., running water, key in the door) | Y / N |
| 9. Do you experience pelvic pain with prolonged sitting?   | Y / N |
| 10. Do you have pain with a female pelvic exam, inserting a tampon or with intercourse?                                      | Y / N |

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, YOU COULD BENEFIT FROM PELVIC FLOOR REHABILITATION

## DEFINITIONS



**Stress Incontinence** - accidental leakage of urine brought on by physical activities such as sneezing, laughing, coughing or exercise.

**Urinary Urgency** - sudden overpowering desire to pass urine which is difficult to stop, often associated with symptoms of urinary frequency, and frequent nighttime voids.

**Overactive Bladder** - combination of urinary frequency, nighttime voiding and incontinence.

**Mixed incontinence** - mix of both stress and urge incontinence.

**Rectal Incontinence** - loss of normal control of the bowels with stool leaking from the rectum.

**Prolapse** - pelvic organs drop and press against the vaginal walls due to supporting structures stretching; pressure or a sense of fullness or heaviness occurs in the vagina, achiness in pelvis, groin or back.

**Pelvic Pain** - pain, due to several causes, located below the navel and between the hip area that lasts more than six months.

**Dyspareunia** - painful intercourse, often due to increased tension in the pelvic floor muscles, making penetration painful.