



**You're not  
alone.**

**1 in 3 women suffer  
from involuntary loss of  
urine or incontinence.**

## LOCATIONS & CONTACT

- **OUTREACH PROGRAM**

Contact your local Axia gynecology office to schedule an appointment.

- **UROGYNECOLOGY CARE CENTER**



**Jose Maceda, MD**

120 Valley Green Lane, Suite 610  
King of Prussia, PA 19406  
(484) 685-3045



**Donald DeBrakeleer,  
DO, FACOG**

1000 Walnut St., Suite 122  
Lansdale, PA 19446  
(215) 368-1950

721 Skippack Pike, Suite 2  
Blue Bell, PA 29422  
(267) 460-8802



## UROGYNECOLOGY BLADDER AND PELVIC HEALTH PROGRAM



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axiawhurogynecology](https://facebook.com/axiawhurogynecology)

 [axiawh.com](https://axiawh.com)

## INDIVIDUALIZED CARE

for women with urinary leakage, frequency, and urgency; bladder pain; and pelvic relaxation.

**WOMEN  
DESERVE  
MORE.**



## NEVER SETTLE

Whether your bladder symptoms are a minor nuisance or keeping you from living a more active life, you don't need to settle. There are treatments available to help regain control of your bladder – and lifestyle.

Axia Women's Health Urogynecology specialists provide individualized care to women experiencing the disruptive symptoms of urinary leakage, frequency, and urgency; bladder pain; and pelvic relaxation.

Women often delay or put off receiving care for these conditions due to embarrassment, when most of the time, these conditions can be addressed and resolved. Let the Axia Women's Health specialists help you regain control today.

Services are covered by most insurance plans.



**43% of women in the U.S. experience an overactive bladder. The symptoms are more common than you think – and you don't have to put up with it.**

## CARE THAT'S CLOSE TO HOME

### Bladder & Pelvic Health Outreach Program

Our outreach program offers an innovative approach to ensuring women can access the bladder and pelvic health treatment they need, closer to home. Our team, along with your local care providers who have been specially trained by our bladder and pelvic health specialists, now provide services at your local Axia care center, where it's most convenient for you. We all work hand-in-hand with your gynecology provider to ensure progress in your care.

### Your First Visit

Your first visit with a specially trained nurse practitioner is typically 45 minutes long. This time will be used to:



Review your detailed urinary, bowel, and medical history



Conduct urine testing and physical exam



Educate and share best practices



Determine an individualized treatment plan to meet your needs

### Your Care Partner

As program director, Nicole Waetzman, MSN, CRNP, works closely with the staff of the bladder and pelvic health program to help you achieve your goals. Nicole is a dual board-certified Nurse Practitioner with more than 20 years of experience working in women's health care and urology to help patients regain control of their bladders.

## FREQUENTLY ASKED QUESTIONS

### What is Incontinence?

Any amount of urinary leakage – whether just enough to be annoying or great enough volume to soak a pad – is considered incontinence.

### What Causes Incontinence?

Changes in pelvic muscles, weakness, overactive bladder, changes in anatomy, and dietary irritants can all cause incontinence.

### What is an Overactive Bladder?

Overactive bladder is urinary frequency or urgency with or without leakage. Anyone who urinates more than 8 times a day could have an overactive bladder.

### What is Painful Bladder Syndrome or Interstitial Cystitis (IC)?

This condition can occur at any age and includes pain with a full bladder or with emptying. It often feels like a urinary tract infection, but there is no infection! Sex can be painful or cause you to have to urinate more frequently. Women with this condition often say, "I'm always aware of my bladder."

### What treatment options are available?

We offer a variety of treatment options tailored to each woman's needs. These may include:

- Pelvic muscle exercises with biofeedback
- Stimulation therapy
- Behavior therapy
- Botox
- Pessaries
- Medication
- Surgery
- Interstim