

THE BLADDER CONTROL CENTER



CENTRAL MAINE MEDICAL FAMILY

Women's Health



CENTRAL MAINE MEDICAL CENTER'S
BLADDER CONTROL CENTER PROVIDES
HEALTHCARE SERVICES FOR THOSE WITH
BLADDER CONTROL PROBLEMS. THE CENTER'S
STAFF IS COMMITTED TO PROVIDING
EXCELLENT PATIENT CARE IN A
COMPASSIONATE, CONFIDENTIAL MANNER.

LOCATED IN SUITE 200 AT 287 MAIN STREET
PLAZA IN LEWISTON, DIRECTLY ACROSS MAIN
STREET FROM CMMC, THE BLADDER
CONTROL CENTER SUPPORTS AN
ENVIRONMENT THAT EMPHASIZES
DISCRETION AND CONFIDENTIALITY.



DO YOU SUFFER IN SILENCE ... NEEDLESSLY?

Bladder Control problems are quite common. It is estimated that more than 12 million Americans live with urinary incontinence. Many find the problem difficult to discuss. In fact only 1 in 4 people who suffer with urinary incontinence discuss their problem with their doctor. That's why the CMMC Bladder Control Center staff puts such importance on discretion and confidentiality.

Both men and women experience bladder control problems, though it is twice as common amongst women.

THERE ARE ESSENTIALLY FOUR TYPES OF URINARY INCONTINENCE:

Stress Urinary Incontinence: Coughing, sneezing, straining or exercise trigger an involuntary leakage of urine.

Urge Urinary Incontinence: A sudden, urgent and uncontrollable need to empty the bladder entirely before reaching a toilet.

Overflow Urinary Incontinence: When the bladder is full, small but uncontrollable leaks of urine spill out.

Mixed Urinary Incontinence: A combination of stress and urge incontinence symptoms.

URINARY INCONTINENCE IS TREATABLE

URINARY INCONTINENCE IS A SYMPTOM OF OFTEN TREATABLE CONDITIONS, SUCH AS:

- Bladder infection
- Pelvic floor anatomical problems such as weak bladder and sphincter muscles, dropped bladder (cystocele) or uterus (uterine prolapse)
- Prostate-related problems (enlarged prostate)
- Pelvic floor trauma from pregnancy or childbirth
- Nerve damage from spinal cord or pelvic injuries that affects normal bladder function
- Neurological conditions such as Multiple sclerosis, Diabetes or Parkinson's Disease
- Pelvic floor trauma from vaginal, abdominal or prostate surgery

WHY WAIT?

For those who are coping with the condition, it is an important quality of life issue. Bladder Control problems can profoundly affect someone's life. Many people shut themselves off from social and recreational activities that they enjoy due to embarrassment from their bladder control problem.

WE CAN HELP!

FORTUNATELY, THERE ARE A HOST OF OPTIONS AVAILABLE TO TREAT URINARY PROBLEMS, INCLUDING:

- Pelvic Floor Rehabilitation which utilizes biofeed back and behavior modification to teach individuals to strengthen their pelvic floor muscles and how to avoid behaviors that may contribute to bladder problems
- Bladder training in which a nurse or physical therapist teaches a patient to increase the amount of time between voids
- Medications called anticholinergics
- Collagen injections
- Vaginal slings
- Interstim
- Pelvic reconstructive procedures to correct prolapse and other anatomic defects

A TEAM APPROACH

The CMMC Bladder Control Center uses a comprehensive multi-disciplinary approach to diagnosis and treatment that includes the patient's primary care doctor, a gynecologist, urologist or urogynecologist, a nurse, a physical therapist and most importantly you.

Services provided through the Center include diagnostics, consultations with a Specialist of your choice, pelvic floor therapy, medical treatments and education. Safe and effective surgical procedures are also utilized by the physician to treat urinary incontinence as appropriate. Sophisticated diagnostic testing, available at

the Bladder Control Center will provide your physician with information that will help him/her to diagnose the type of incontinence you have. Once a diagnosis is made your physician will discuss all of the treatment options that are available to treat your specific bladder control problem. Together with your physician you will decide which treatment you would like to pursue.

We look forward to helping you improve the quality of your life.



SOME WORDS OF ENCOURAGEMENT

Bladder control problems can be frustrating, embarrassing and overshadow other aspects of your life – but they can be overcome. We're here to help you take back control of your life . . .

**call the CMMC Bladder Control Center at
795-2121 or toll-free 1-877-836-3900.**

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LEWISTON

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