

# EMPOWERING WOMEN to Take Control of Their Pelvic Health

Achieving and maintaining optimal urogynecologic health requires the commitment of two people: you and a doctor who specializes in female pelvic medicine.

**M**eet Dr. Anne Wiskind, a physician with the credentials, compassion, and experience to effectively guide patients in meeting the challenges that can come with keeping pelvic organs where they should be and in good working order.

"A problem with her bladder, uterus, or vagina can significantly and adversely impact a woman's quality of life," says Dr. Wiskind.

## Slipping Out of Place

One of the common conditions that Dr. Wiskind treats is pelvic organ prolapse, where organs—such as the bladder or uterus—fall from their natural place into or even outside the vagina. This can cause incontinence as well as other unpleasant and often painful symptoms.

"We have conservative ways to strengthen pelvic floor muscles,"

Dr. Wiskind says, "but if surgery becomes the best option for relief, I make sure my patient is fully informed about the procedure."

For example, Dr. Wiskind notes that patients are often misinformed about the mesh sling that is sometimes used to hold the bladder in its proper position: "Not all mesh is bad, as can be assumed from some of the publicity surrounding it. As the FDA and several national medical societies have recently confirmed, an appropriately placed mesh sling for bladder leakage works well, and I clarify that with patients."

Estrogen use can be another confusing topic. "Vaginal estrogen, used after menopause to increase blood supply, maintain elasticity, and thicken the walls of the vagina is a treatment that does not carry the risks of systemic estrogen," she notes.

## Customized Surgical Decisions

Experienced with the most advanced technology, including the *da Vinci*® Surgical System, Dr. Wiskind notes: "Robotic-assisted surgery is outstanding for complex cases, but when we can do a procedure vaginally, it's easiest on the patient. It's still the least invasive technique."

"Working with my patient to tailor the best treatment plan that meets her unique needs and seeing successful results are what make my role as her urogynecologist so rewarding," emphasizes Dr. Wiskind. "I love what I do!"



**Anne Wiskind, MD**  
Board-Certified Gynecologist  
Fellowship-Trained Urogynecologist  
and Pelvic Surgeon

As many as 1 in 3 women experience pelvic floor disorders (PFDs). Dr. Wiskind recommends the following websites for education:

### [voicesforpfd.org](http://voicesforpfd.org)

A patient-focused website of the American Urogynecology Society (AUGS) featuring inspiring educational material

### [womenshealthfoundation.org](http://womenshealthfoundation.org)

The website of a nonprofit organization committed to encouraging women's pelvic health and wellness

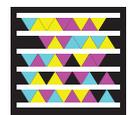
### [nafc.org](http://nafc.org)

The National Association for Continence provides tools and knowledge to "take control"



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Scan to read the Peachtree Gynecology educational blog.



## SIMPLE, CONSERVATIVE MEASURES TO ACHIEVE BLADDER CONTROL

Strengthen your core: Pilates and Kegel exercises strengthen pelvic floor muscles. Avoid bladder irritants such as caffeine, artificial sweeteners, alcohol, soft drinks, and spicy foods. Practice mind over bladder: Go every two hours, by the clock, before you feel the urge.