



### A Better Patient Experience

Our patient navigator is a specially trained Clinical Nurse Specialist who supports patients through the complexities of the health care system; educates about the disease process and treatments; answers questions; and coordinates care through all phases of treatment. Contact our patient navigator to discuss your current symptoms and determine if a visit to our Center might offer a solution that dramatically improves your quality of life.

Because we care for patients with conditions that affect the quality of their life, we are sensitive to the fact that this area of the body and symptoms may be difficult to talk about and embarrassing. All of our providers are committed to caring for patients with dignity and meeting their healthcare needs through sensitive and compassionate patient care.

### Make an Appointment

For more information about services and physicians at the Sentara EVMS Comprehensive Pelvic Floor Center, call 1.855.512.4010.

## SENTARA • EVMS COMPREHENSIVE PELVIC FLOOR CENTER

2075 Glenn Mitchell Drive, Suite 500

Virginia Beach, VA 23456

Phone: 1.855.512.4010

[sentaraevms.com](http://sentaraevms.com)



# EVMS

## SENTARA • EVMS COMPREHENSIVE PELVIC FLOOR CENTER

*A multi-disciplinary approach to  
PELVIC FLOOR DISORDERS*



LOCATED ON THE CAMPUS OF  
SENTARA PRINCESS ANNE HOSPITAL  
IN VIRGINIA BEACH



# EVMS

*Our team of experts offers a sense of hope with expert individualized care.*

## What is Pelvic Floor Disorder?

“Pelvic floor disorder” is a broad term used to describe a number of conditions experienced by men and women and originating in the pelvic region. The pelvic floor supports the bladder, bowel, rectum and urethra and maintains urinary and fecal continence. In women, these muscles support the uterus and play an important role in vaginal childbirth.



Although many of these disorders may not be life threatening, these health issues affect a broad range of patients and can have a devastating effect on quality of life. Many people notice leakage or loss of bladder control for the first time when they are laughing, sneezing or exercising. And many just decide to live with it. This is not a normal part of aging. Pelvic floor disorders are treatable and controllable.

## A Team Approach

The Sentara EVMS Comprehensive Pelvic Floor Center combines the latest in research, state-of-the-art technology and a multidisciplinary care team to bring our patients quality, advanced diagnosis and treatment options.

It is one of the few centers to offer a multi-disciplinary approach where physicians and clinical staff work side-by-side to diagnose and provide care for Pelvic Floor Disorders. Many pelvic floor conditions are interrelated, so a patient’s diagnosis and treatment may begin with one specialist and continue with another. The Center involves specialists of urogynecology, gastroenterology, specialized radiology, urology, colorectal medicine and surgery, physical medicine and rehabilitation, nutrition and

physical therapy together providing advanced care for women and men with problems related to the lower urinary tract and the pelvic floor.

## Diagnosis and Treatment

The Center offers the full range of state-of-the-art diagnostic and therapeutic services for a broad range of pelvic floor disorders experienced by men and women. Our care team helps patients with disorders of the bladder, vagina and bowel (prolapse and/or incontinence) in addition to those with pelvic pain.

The Center provides expert diagnosis, consultation and innovative care options for:

- fecal and urinary incontinence
- chronic constipation
- pelvic organ prolapse
- urinary retention and other voiding dysfunctions



You should call or be referred to the Center when you have incontinence, pelvic pain, pelvic organ prolapse, severe constipation, or when your primary care doctor recommends a consultation. Quality of care and quality of life is your measure of success. The multidisciplinary care team reviews patient cases and coordinates individualized comprehensive treatment options optimized for each patient.