



Main Campus

1600 Lakeland Hills Blvd.
Lakeland, FL

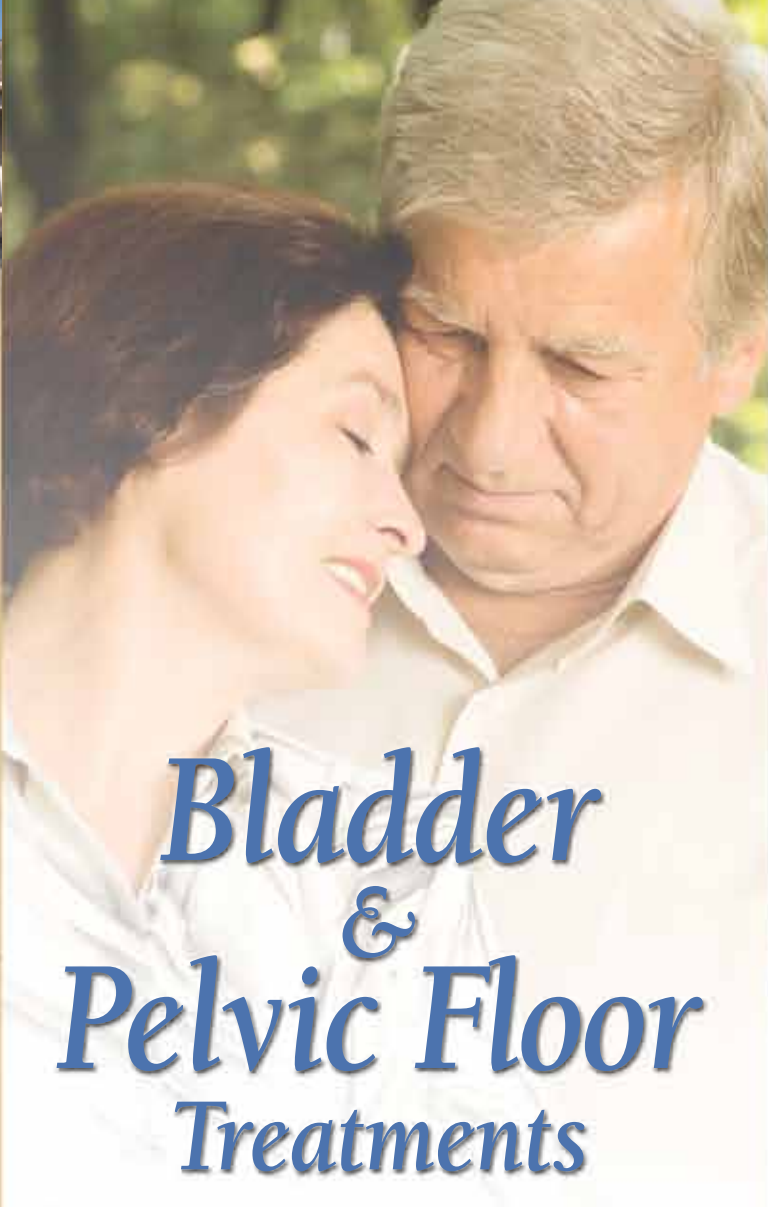
Lakeland Highlands

2140 E. County Rd. 540A
Lakeland, FL



The Incontinence & Bladder Health Program

WATSON CLINIC LLP
863-680-7450



Bladder & Pelvic Floor Treatments



The Incontinence & Bladder Health Program

WATSON CLINIC LLP



The Incontinence & Bladder Health Program

Do you frequently experience an overwhelming urge to urinate?

Do you suffer from involuntary loss of urine?

Do you find yourself thinking these thoughts?

“Oh, don’t make me laugh or I’ll pee my pants.”

“I seem to dribble urine all of the time.”

“On my way to the bathroom, I start urinating, I just can’t get there fast enough.”

If these sound familiar then you may indeed suffer from Urinary Incontinence. Many people – men and women – do not seek treatment for these conditions because they believe they are a normal part of the aging process. **This is not true!**

Recent advancements in bladder treatment technologies have made it possible to control or completely reverse the adverse effects of these disorders. Watson Clinic’s highly respected team of gynecologists and urologists are working together to treat – and often times cure – these disorders, eliminating the embarrassment that reduces quality of life and often hinders someone from seeking medical assistance.

Types Of Pelvic Floor Dysfunction

- Urinary Stress Incontinence
- Overactive Bladder
- Incomplete Bladder Emptying
- Recurrent Urinary Tract Infections
- Fecal Incontinence
- Pelvic Organ Prolapse
- Fistula
- Painful Bladder Syndrome - Interstitial cystitis
- Painful Intercourse
- Male Incontinence of Any Type

Watson Clinic’s comprehensive Incontinence & Bladder Health Program offers a vast array of services designed to restore a patient’s sense of relief and well-being. Treatment plans are designed based upon the severity of your condition, and range from simple diet modifications to major pelvic reconstructive surgery. Treatment options may include:

- Lifestyle changes
- Medical management
- Pessary management
- Percutaneous Tibial Nerve Stimulation
- Catheterization
- Pelvic floor rehabilitation/physical therapy
- Vaginal Weight Training
- Sacral neuromodulation
- Bladder Botox Injections
- Bladder Installations
- Incontinence and prolapse surgery

GYNECOLOGY & UROLOGY DEPARTMENTS
www.WatsonClinic.com

GYNECOLOGY & UROLOGY DEPARTMENTS
863-680-7450 · www.WatsonClinic.com

To make an appointment or refer a patient to the Bladder Health Program, please call 863-680-7450.

The Incontinence & Bladder Health Program offers the expertise of Watson Clinic's Gynecology and Urology Departments to resolve all your pelvic and bladder concerns. To make an appointment or refer a patient to the Bladder Health Program, please call 863-680-7450.

WATSON CLINIC^{LLP}



The Incontinence & Bladder Health Program

Clinical Team



Tarek G. Garas, MD

Medical Director of Watson Clinic's Bladder Health Program and current specialty spokesperson for Watson Clinic's Obstetrics and Gynecology Department

Watson Clinic Main –
1600 Lakeland Hills Blvd., Lakeland

Watson Clinic Lakeland Highlands –
2140 E. County Rd. 540A, Lakeland

Educational Activities

- Medical Degree from Creighton University School of Medicine in Omaha, NE
- Internship & Residency in Obstetrics and Gynecology, Jackson Memorial Hospital/ University of Miami School of Medicine, Miami, FL
- Board-certified in Obstetrics and Gynecology
- Specialized training in advanced Pelvic Reconstructive Surgery, Urinary Incontinence, Minimally Invasive Surgery, Sacral Neuromodulation and Pelvic Floor Rehabilitation



Nicole K. Clinard, ARNP-C

Gynecology Nurse Practitioner

Watson Clinic Main –
1600 Lakeland Hills Boulevard,
Lakeland

Educational Activities

- Nursing Degree from Florida Gulf Coast University, Fort Myers, FL
- Master of Science Degree in Nursing, University of Tampa, Tampa, FL
- Member of the American Academy of Nurse Practitioners, Polk County Advance Practice Nurse Association and the Association of Operating Room Nurses



David L. Bowers, MD

Urologist

Watson Clinic Main –
1600 Lakeland Hills Boulevard,
Lakeland

Educational Activities

- Medical Degree from Sackler School of Medicine, Tel Aviv, Israel
- General Surgery Internship and Residency, North Shore University Hospital, Manhasset, NY
- Urology Residency, Columbia Presbyterian Medical Center, New York, NY
- Board-certified in Urology



Jens C. Carlsen, DO

Urologist

Watson Clinic Main –
1600 Lakeland Hills Boulevard,
Lakeland

Educational Activities

- Medical Degree from Midwestern University, Arizona College of Osteopathic Medicine, Glendale, AZ
- General Surgery Internship, Midwestern University, St. James Medical Center, Olympia Fields, IL
- Urology Residency, Midwestern University, Cook County Hospital, Chicago, IL



James A. Wilson, MD

Specialty spokesperson for Watson Clinic's Urology Department

Watson Clinic Main –
1600 Lakeland Hills Boulevard,
Lakeland

Educational Activities

- Medical Degree from University of Mississippi School of Medicine, Jackson, MS
- Internship in Surgery, Residency in Urology, Shands Teaching Hospital, University of Florida College of Medicine, Gainesville, FL
- Clinical Professor in Urology at University of Nebraska School of Medicine, Omaha, NE
- Board-certified in Urology

**Main Clinic
Obstetrics - Gynecology
5W**

863-680-7243

Tarek G. Garas, MD
James B. Mammel, MD
Diana L. Wilson, MD

**Main Clinic
Gynecology
5W**

863-680-7243

William M. Alford, MD
John R. Ellington, Jr., MD
Ralph Henry Jennings, Jr., MD
Susan C. Bogel, ARNP-C
Nicole K. Clinard, ARNP-C

**Lakeland Highlands
Obstetrics - Gynecology**

863-680-7243

J. Brian Hopper, MD
Donald W. Langley, DO
Pamela D. Schwartz, DO
Tarek G. Garas, MD