

Do you frequently experience an overwhelming urge to urinate? Do you suffer from involuntary loss of urine?

Perhaps you've said this:

"On my way to the bathroom, I start urinating and I just can't get there fast enough."

If these sound familiar then you may indeed suffer from urinary incontinence. In fact, bladder leakage is believed to affect as many as half of women over the age of 50 in the United States. Yet, only a fraction of the women seek medical care. Many women do not seek treatment because they believe these conditions are a normal part of the aging process. **This is not true!**

Recent advancements in technologies have made it possible to control or completely reverse the adverse effects of bladder disorders. Watson Clinic's highly respected team of gynecologists are working to eliminate the embarrassment which may reduce a woman's quality of life.

To make an appointment or refer a patient to the Division of Female Pelvic Medicine & Reconstructive Surgery, please call 863-680-7243.

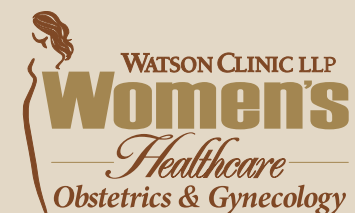
There are many types of pelvic floor dysfunction that may contribute to incontinence & bladder health concerns:

- Urinary stress incontinence
- Overactive bladder
- Incomplete bladder emptying
- Recurrent urinary tract infections
- Fecal incontinence
- Pelvic organ prolapse
- Fistulae
- Painful bladder syndrome/interstitial cystitis
- Painful intercourse

Watson Clinic's Division of Female Pelvic Medicine & Reconstructive Surgery 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:

- Bladder BOTOX® injections
- Bladder installations
- Catheterization
- diVa® Laser Vaginal Therapy
- Incontinence and prolapse surgery
- Sacral neuromodulation
- Lifestyle changes
- Medical management
- Pelvic floor rehabilitation/physical therapy
- Percutaneous tibial nerve stimulation
- Pessary management
- Vaginal weight training



**Bartow Obstetrics & Gynecology**  
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**Bella Vista Building**  
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**WATSON CLINIC** LLP  
Female Pelvic Medicine & Reconstructive Surgery

863-680-7243 | [www.WatsonClinic.com](http://www.WatsonClinic.com)



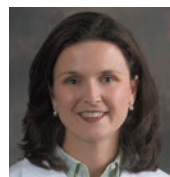
Don't Let Bladder Concerns Slow You Down



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# The Division of Female Pelvic Medicine & Reconstructive Surgery offers the expertise of Watson Clinic's Gynecology Department to resolve your pelvic and bladder concerns.



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- Medical Degree, Medical College of Georgia, Augusta, GA
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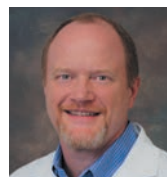
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Gynecology  
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- Medical Degree, Medical College of Georgia, Augusta, GA
- Internship, Residency and Instructor in Obstetrics and Gynecology, University of Alabama Medical Center, University Hospital, Birmingham, AL
- Board-certified in Obstetrics and Gynecology



**Tarek G. Garas, MD, FACOG, FACS, MIGS**  
Female Pelvic Medicine &  
Reconstructive Surgery, Gynecology  
Bella Vista Building & Bartow Obstetrics & Gynecology

- Medical Degree, Creighton University School of Medicine, Omaha, NE
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- Board-certified in Obstetrics and Gynecology, Female Pelvic Medicine & Reconstructive Surgery



**J. Brian Hopper, MD, FACOG**  
Obstetrics - Gynecology  
Highlands

- Medical Degree, University of Tennessee College of Medicine, Memphis, TN
- Internship and Residency in Obstetrics and Gynecology, University of Miami / Jackson Memorial Hospital, Miami, FL
- Residency in Obstetrics and Gynecology, Louisiana State University, New Orleans, LA
- Board-certified in Obstetrics and Gynecology



**Donald W. Langley, DO, FACOG**  
Obstetrics - Gynecology  
Highlands

- Medical Degree, University of Health Sciences College of Osteopathic Medicine, Kansas City, MO
- Internship, Oklahoma State University College of Osteopathic Medicine, Tulsa, OK
- Residency in Obstetrics and Gynecology, University of Florida College of Medicine, Pensacola, FL
- Board-certified in Obstetrics and Gynecology



**A. Nicole Sparks, MD, FACOG**  
Obstetrics - Gynecology  
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- Medical Degree, University of Kentucky College of Medicine, Lexington, KY
- Internship, Residency and Chief Administrative Resident in Obstetrics and Gynecology, Orlando Health/Winnie Palmer Hospital for Women & Babies, Orlando, FL

To make an appointment or refer a patient, please call  
**863-680-7243.**

## Additional Providers



**Brooke Bambridge, APRN**  
Obstetrics - Gynecology  
Bella Vista Building

- Under the guidance of Dr. Curtis & Dr. Sparks



**Alicia Belisle, APRN**  
Gynecology  
Bella Vista Building &  
Bartow Obstetrics & Gynecology

- Under the guidance of Dr. Garas



**Wendi Johnson, APRN**  
Gynecology  
Bella Vista Building

- Under the guidance of Dr. Ellington



**Holly C. Payne, APRN**  
Obstetrics - Gynecology  
Highlands

- Under the guidance of Dr. Hopper and Dr. Langley



**Laura Pellegrini, APRN**  
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Bella Vista Building

- Under the guidance of Dr. Garas



**Nicole K. Rule, APRN, PHD**  
Gynecology  
Bella Vista Building &  
Bartow Obstetrics & Gynecology

- Under the guidance of Dr. Garas



**Italia Stuart, APRN**  
Obstetrics - Gynecology  
Highlands

- Under the guidance of Dr. Hopper and Dr. Langley

## Common Bladder Irritants

The following is a list of foods and beverages that may irritate your bladder causing bladder contractions or "spasms." These bladder contractions may create the feelings of urgency and increased frequency and are associated with Overactive Bladder Syndrome. Often times, urinary incontinence may develop with increased bladder contractions.

- Coffee and tea (even decaffeinated)
- Carbonated beverages (Coke, Pepsi, etc.)
- Cold remedies
- Chocolate
- Citrus (whole or juiced)
- Cranberry juice or pills
- C vitamin
- Cocktails
- Candy and sugars
- Chili and other tomato-based foods
- Chinese food (spicy or with MSG)
- Cigarette smoking
- Corn syrup
- Crystal light and other drinks with artificial sweeteners (aspartame, Nutra-Sweet, Equal, etc.)
- Other foods such as honey

*Note: Not all of the listed substances will cause bladder irritation in all people. Avoid the offenders on the list for a few weeks to a month. Then slowly add back some favorites and see what your response is. Caffeinated drinks and alcohol are typically the worst offenders.*

