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**Urogynecology & Reconstructive
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Bartow Building B & Bella Vista Building

- Medical Degree, Creighton University School of Medicine, Omaha, NE
- Internship and Residency in Obstetrics and Gynecology, University of Miami/Jackson Memorial Hospital, Miami, FL
- Board-certified in Obstetrics and Gynecology, Urogynecology & Reconstructive Pelvic Surgery

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, urinary incontinence may develop with increased bladder contractions.

- Coffee and tea
(even decaffeinated)
- Carbonated beverages
(Coke, Pepsi, etc.)
- Cold remedies
(Tylenol, Robitussin, etc.)
- Chocolate
- Citrus (whole or juiced)
- Cranberry juice or pills
- Vitamin C
- Cocktails/alcoholic beverages
- 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.



Bartow Building B

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WATSON CLINIC

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



www.WatsonClinic.com/BladderHealth

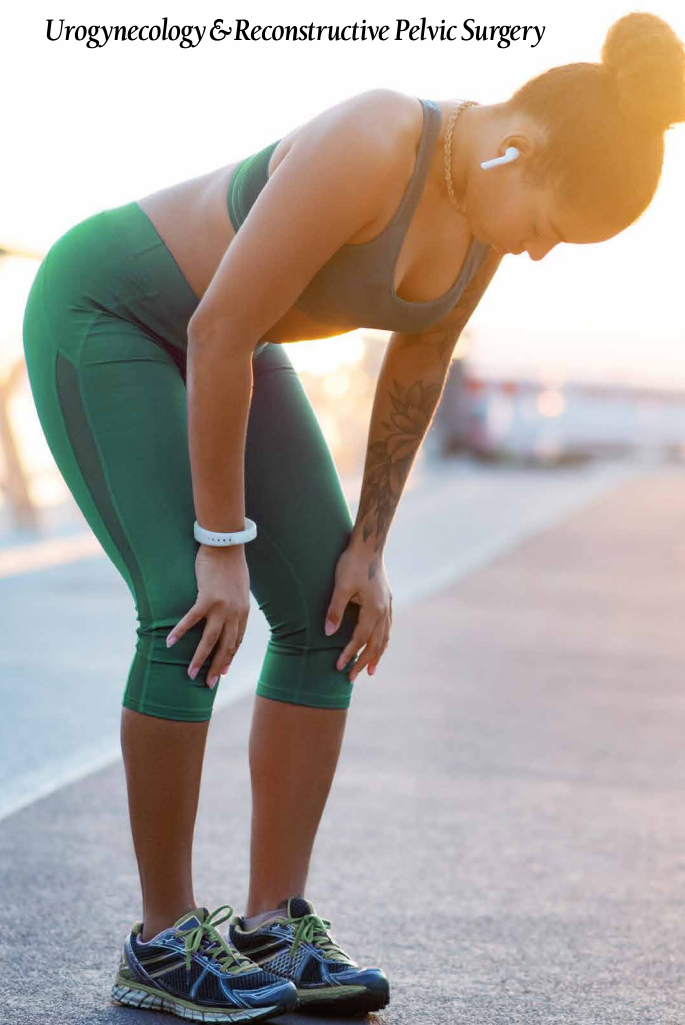


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Don't Let Bladder Concerns Slow You Down

Urogynecology & Reconstructive Pelvic Surgery



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 technology have made it possible to control or completely reverse the adverse effects of bladder disorders. Watson Clinic's highly respected team of obstetricians and gynecologists are working to eliminate embarrassment and restore every woman's quality of life.

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

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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

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



Watson Clinic's Department of Urogynecology & Reconstructive Pelvic Surgery is working to eliminate the embarrassment which may reduce a woman's quality of life. Treatment plans are designed based upon the severity of your condition, and range from simple diet modifications to major pelvic reconstructive surgery.