

LIVE LIFE TO THE FULLEST

Almost one-third of women in the U.S. suffer from urinary incontinence. But common doesn't equal normal, and there are treatment options to help.

A woman has been looking forward to a family picnic, but she's worried there may not be a nearby restroom. She wants to take a long walk on a sunny day but hesitates because she's afraid of embarrassing leakage. She finds partner intimacy nerve-wracking due to bladder control issues. If any of these scenarios seem familiar, you're far from alone. Almost one-third of women in the U.S. suffer from the uncomfortable and often embarrassing symptoms of urinary issues, and many wait six years or more before discussing the problem with a doctor.

"Patients often live with bladder discomfort or distress for years—to the point where it hinders their everyday activities—before seeking treatment," explains Dr. James Fogarty, a urologist at Atlantic Urology Clinics.

As one of the only South Carolina physicians trained in the subspecialty of female pelvic medicine reconstruction, Dr. Fogarty, along with board-certified nurse practitioner Rebecca Griggs Crawford, offers patients exceptionally skilled and cutting-edge urologic care, advanced surgical techniques, and, perhaps most important, a caring, listening presence.

"Conditions affecting urinary and sexual health are sensitive topics for many women," says Dr. Fogarty. "My first goal is always to make patients comfortable so we can dialogue about their symptoms and potential interventions. Regardless of prior treatments, there are always options worth investigating, and all of them begin with an open conversation."

Customized Patient Care

Since no two urinary incontinence patients are the same, no two treatment plans are



Dr. James Fogarty, DO



**Rebecca Griggs Crawford
MSN, APRN, AGACNP-BC**

RECOGNIZE THE SIGNS AND SYMPTOMS OF URINARY INCONTINENCE.

Bothersome urinary frequency or overwhelming urgency

Disruption to daily tasks, quality of life, or sleep

Need for pads and frequent changing of pads

Bladder discomfort, distress, or pain

Lack of relief after voiding

either. "I start by looking for a 'reversible cause,' something that can be easily changed to quickly improve symptoms, like diet, medication, or underlying infection," Dr. Fogarty explains. "From there, it is an interactive process to find what works best for the patient, from lifestyle modifications to medication or surgical therapy."

When it comes to state-of-the-art surgical interventions, Dr. Fogarty offers the most advanced treatment options in the region, including Botox® therapy for overactive bladder and the Axonics® bladder "pacemaker" device. He is also South Carolina's No. 1 implantor of Medtronic's InterStim™ technology, a device that modulates communication between the brain and bladder through the sacral nerve. The surgical therapies available at Atlantic Urology Clinics are outpatient, MRI compatible, safe at any age, and over 90% effective—meaning patients need not suffer.

"If the way your bladder behaves keeps you from living your life, we can help," concludes Dr. Fogarty. "There are many options that can help you live life to the fullest."

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-Dr. James Fogarty, Urologist, Atlantic Urology Clinics

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