

Overcoming Urinary Incontinence

Dr. Joseph Pazona provides minimally invasive solutions to prevent bladder leakage.

You want to take your grandchildren to the park on a sunny afternoon, but you worry there may not be a restroom near the playground. You've been looking forward to planning a family trip, but you hesitate because you're not in control of your bladder. You're afraid of intimacy with your partner due to fear of embarrassing leakage.

If any of these scenarios sound familiar, you're not alone. Almost one-third of women in the U.S. suffer from urinary incontinence (also called bladder leakage), and most wait six years or more to seek medical care.

"Many women think urinary incontinence is something they have to live with. Others are embarrassed to ask their doctor about the condition or fear a diagnosis will lead to invasive surgery," says Dr. Joseph Pazona, board-certified urologist



at Centennial Medical Center in Nashville. "But women do not have to live with bladder leakage."

Dr. Pazona specializes in the treatment of urinary incontinence. "There are safe, effective interventions that can get them back to living the rich, full lives women deserve."

"Dr. Pazona got me the help I needed. He was there for me."

-Joanne, Axonics® patient

Stress Incontinence

Most frequently experienced by women in their 30s to 50s, stress incontinence is related to physical activity. "This is the kind of leakage that occurs when women jump, laugh, sneeze, or cough," explains Dr. Pazona. "It often prevents women from engaging in trigger activities like exercise or intimacy."

According to Dr. Pazona, a safe, single-incision mesh procedure is often the most effective treatment available. "This is a minimally-invasive procedure performed on an outpatient basis. It is very low risk and safe for women, even into their 80s and 90s," he confirms.

Overactive Bladder

Since no two urinary incontinence patients are the same, no two treatment plans are either. "I usually suggest starting with conservative treatment—looking first at possible

underlying health conditions, dietary changes, and medication," Dr. Pazona explains. "Second line surgical therapies are all outpatient and safe at any age."

Dr. Pazona highly recommends the state-of-the-art Axonics® bladder "pacemaker" device as the best long-term treatment option. "We can do an in-office trial



procedure that can quite literally give women their lives back because it wholly fixes the issue," he notes.

Regardless of the treatment plan, Dr. Pazona lives to help his patients. "I truly love what I do," he says. "I get to fix people's problems and restore their joy."

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Telemedicine

Dr. Joseph Pazona now makes "house calls" using telemedicine, a secure video consultation. Email Dr. Pazona to see if telemedicine is right for you.
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