

WOMEN'S PELVIC WELLNESS CLINIC

McLaren Women's Pelvic Wellness Clinic is a program with a focus on the diagnosis and treatment of pelvic floor disorders. Our program delivers an integrated, one-stop clinic for diagnosing and treating all pelvic health needs.

The Women's Pelvic Wellness Clinic is designed with the patient experience in mind and offers accurate diagnosis and individualized treatment options in a single location, bringing the pelvic floor specialist to the patient to provide seamless, patient-centered and compassionate care. Patients will have the opportunity to see Dr. Andrew Agosta MD, MBA, a fellowship-trained and board-certified female pelvic medicine and reconstructive surgery physician (aka urogynecology). Physical therapists, gastroenterologists and colorectal surgeons may also work in conjunction depending on the patient's condition and treatment plan.

As the population ages, it is projected that more than 43 million women will suffer from some type of pelvic floor disorder. The Women's Pelvic Wellness Clinic is prepared to meet the complex needs of patients with compassionate care, expert diagnosis, and specialized treatment options with the ultimate goal to help women regain a healthy, higher quality of life.

Dr. Agosta at McLaren's Women's Pelvic Wellness Clinic works with each patient to develop treatment plans to meet each woman's individual needs and lifestyle.



DOING WHAT'S BEST.®

51086 Fairchild Road, Unit A
Chesterfield, MI 48051

tel: (586) 725-4604
fax: (586) 949-6072

mclaren.org/pelvicwellness



WOMEN'S PELVIC WELLNESS CLINIC



DOING WHAT'S BEST.®

OUR PROVIDER

Dr. Agosta is the Medical Director of McLaren Women's Pelvic Wellness Clinic. He joined McLaren Port Huron and Macomb Hospitals in August 2020. He completed a fellowship in female pelvic medicine and reconstructive surgery at Methodist Hospital of Indiana.

He is board-certified in both OB/GYN and female pelvic medicine and reconstructive surgery (aka urogynecology).



CONDITIONS AND TREATMENTS

FEMALE URINARY INCONTINENCE (LOSS OF BLADDER CONTROL)

Experts in the clinic strive to help women improve bladder control, eliminate leakage and enjoy a more normal lifestyle. From conservative therapy to surgical interventions, there are many treatment options available depending on the severity of incontinence. Treatment options also include:

- Pelvic floor physical therapy
- Pessary fitting
- Peri-urethral bulking agents
- Urethral sling surgery
- Intravesical botox
- Sacral neuromodulation

PELVIC ORGAN PROLAPSE

The dropping down of female pelvic organs including bladder, vagina, rectum due to loss of vaginal support

Many women are able to reduce discomfort and pressure from a pelvic organ prolapse with nonsurgical treatment, which may include making lifestyle changes, doing exercises, and/or using a removable device called a pessary that is placed into the vagina to support areas of prolapse.

Surgical procedures used to correct different types of pelvic organ prolapse include:

- Cystocele: Repair of the bladder or urethra (urethrocele)
- Hysterectomy: Removal of the uterus
- Rectocele: Repair of the rectum
- Enterocele: Repair of the small bowel
- Vaginal vault suspension: Repair of the vaginal wall
- Vaginal obliteration: Closure of the vagina

ACCIDENTAL BOWEL LEAKAGE (FECAL INCONTINENCE)

Accidental bowel leakage is the impaired ability to control gas or stool and can range in severity from mild difficulty with gas control to severe loss of control over liquid or formed stools on a daily basis. It is not an uncommon condition and it often coexists with urinary problems. But, due to embarrassment, many patients do not seek treatment.

Dietary changes and medications can help. Pelvic floor physical therapy is an integral part of treatment. For people whose symptoms do not improve with these first-line therapies, there are innovative approaches including nerve stimulation and surgery to repair muscle disruption.

