

Ending Incontinence with Leading-Edge Treatments

Highland Women's Care

If you're living with urinary incontinence and you're embarrassed to talk with your doctor about it, you're not alone. Millions of American women experience incontinence every year. In fact, an estimated one out of every six women will, at some point in their lifetime, suffer from this common medical condition.

The good news is that urinary incontinence is highly curable and new innovations are making treatments fast, safe and extremely effective.



Keith Martin, M.D., FACOG, providing professional and personalized care for all patients. One woman at a time.

"Incontinence is not a 'normal' part of the aging process," emphasizes Keith Martin, M.D. of Highland Women's Care in Freeport. "We now have a full range of options that eliminate urinary incontinence, including everything from medication and physical therapy to minimally-invasive surgical techniques."

At Highland Women's Care, Dr. Martin and his staff are at the forefront of medical advances in urogynecology and leading-edge treatments for incontinence. Not only has Dr. Martin been named one of America's Top Physicians in Obstetrics and Gynecology, he is also an Assistant Clinical Professor in the Department of Obstetrics and Gynecology at the University of Wisconsin Medical School and a Medical Advisor for the Illinois Section

of the American College of Obstetrics and Gynecology.

"I regularly travel across the country to develop new techniques for the treatment of incontinence," Dr. Martin says. "Our highest priority is in making the most advanced options readily available within our own community."

Comprehensive Obstetrics & Gynecology Care

In addition to a complete range of treatments for incontinence, Highland Women's Care also provides unparalleled obstetrics and gynecology care, including annual exams, prenatal care, high-risk obstetrics, family planning, complete laboratory services, ultrasound, laparoscopic hysterectomy, permanent sterilization in the office, and more.

"We give our patients a unique blend of specialized services, advanced diagnostics and personalized treatment," says Dr. Martin. "We believe in partnering with our patients so that each woman can make the decision that's best for her. Every woman is unique and we have both the knowledge and the technology to give each patient the care she needs."



Pam Schmelzle (L) and Cori Ingram (R) are part of Highland Women's Care competent and caring staff working to make your visit a comfortable and pleasant experience.

Do You Suffer from Incontinence?

Know the Symptoms:

Incontinence comes in many forms, but the three most prevalent are stress, urge and mixed.

Stress Incontinence:

Stress incontinence is characterized by urine leakage due to increased abdominal pressure. If you suffer from stress incontinence, you may experience short spurts of urine loss when coughing, sneezing, laughing, running and jumping.

Urge Incontinence:

Urge incontinence is most frequently associated with an inability to make it to the bathroom in time. If you suffer from urge incontinence, your bladder empties completely and automatically in response to physiological triggers.

Mixed Incontinence:

Mixed incontinence is represented by a combination of the symptoms noted above. This may require a combination of medical therapy and/or surgical therapy.



For more information about **Highland Women's Care**, or to schedule a consultation, please call **815-233-0999**

Visit the website at www.highlandwomenscare.com