

When You've Always 'Gotta Go'

NOVEMBER IS BLADDER HEALTH AWARENESS MONTH!

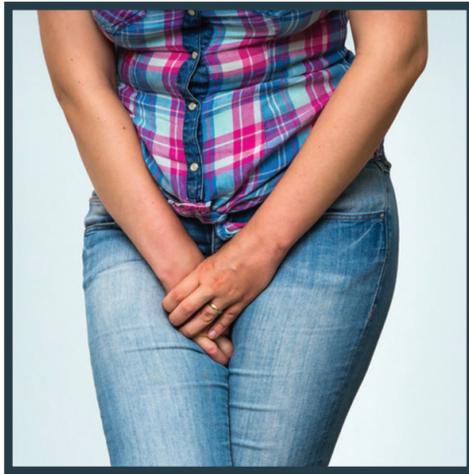
Are frequent trips to the bathroom keeping you up at night? Do you find yourself avoiding social situations because you're afraid you'll need the bathroom? It might be time to see your health care professional and talk about that busy bladder.

The bladder is part of the urinary system that includes two kidneys, the bladder and a tube connecting the kidneys and bladder that transports urine. In men, the prostate is also part of the system. The kidneys produce urine; the bladder, a hollow, balloon-shaped organ, holds the urine until the brain receives a signal to loosen the pelvic floor muscles and contract the bladder muscle to push out the urine.

"The first urge we get is when the bladder is only one-quarter full; the strongest urge is when the bladder is full, about 16 ounces," says Katie Ahart, an occupational therapist at Cortland Regional Medical Center. "It's going to vary by person but generally, good guidelines are that it should be two to four hours between voids." Anything more could be a sign of overactive bladder (OAB) — a sudden, uncontrollable urge to urinate with frequent needs to go that troubles some 33 million Americans.

"I tell patients that incontinence is not normal, that we do have ways to deal with it," says Dr. Mahmoud Chehab, a urologist at Cortland Regional Medical Center. "There are medications you can take, and surgery is an option. In many cases, behavior modification can help."

Ahart works with patients on behavior modification, starting with having them keep a bladder diary to



record how often they void and for how long they go. They also track what they eat, and drink since caffeinated drinks, alcohol, carbonated beverages as well as spicy and acidic foods, can irritate the bladder and increase the feeling that you need to go more often. She also reminds people to drink enough liquid — "It's the timing of when you drink and not the amount that's the issue," she says.

She gives patients exercises that strengthen the pelvic floor muscles to help hold in the urine. She also teaches toilet re-training.

"We've all picked up some bad habits," she says. "A lot of us engage in the 'just in case' stop — we go to the bathroom before we go out or get in the car. If you do this, you're not letting the bladder fill completely and you're training your bladder to need to go sooner. You need to hold off for a bit; instead of going every hour, go every 90 minutes."

Dr. Chehab cautions that holding off for too long brings its own set of issues. "People with jobs where they can't go regularly, like truck drivers who don't stop for seven, eight or nine hours, will stretch their bladders. This can lead to difficulty urinating and always feeling like your bladder is full."

To keep your bladder healthy, Dr. Chehab tells patients not to smoke (nicotine can collect in the bladder), keep down your weight, avoid bladder-irritating food and drinks, drink enough

Meet the Team Peter Iannotta

PHYSICIAN ASSISTANT, UROLOGY



The physicians and health care providers at Cortland Regional Medical Center live where they work, so they're treating more than patients; they're treating neighbors and friends. We welcome to our orthopedic and sports medicine team a podiatrist who has been caring for his neighbors for 35 years. Dr. James Leonard brings his expertise in treating bunions, hammer toes and diabetic foot issues to Cortland Regional, where he is accepting new patients. Dr. Leonard is accepting new patients so call 607-758-3750 for an appointment today.

of the right fluids, and empty the bladder completely on a regular schedule.

"And remember that you don't have to live with having to go all the time," he says.

"We have things that we can do to with medication, physical therapy, non-invasive procedures and surgery and we're ready to help you."

Make your appointment today with Dr. Chehab at 607-428-5757.

The latest treatment in prostate care is now available at Cortland Regional Urology.

INTRODUCING REZŪM

Rezūm is a treatment for (Benign Prostatic Hyperplasia) BPH that can be performed in a clinic or out-patient setting. Rezūm uses the stored thermal energy in water vapor (steam) to treat the extra prostate tissue that is causing symptoms such as frequency, urgency, irregular flow, weak stream, straining and getting up at night to urinate.

Rezūm provides the following benefits:

- Potential alternative to BPH medications
- Relieves symptoms safely and effectively
- Provides noticeable symptom improvement within two weeks
- Simple in-office/out-patient therapy
- Does not require general anesthesia
- Preserves sexual and urinary functions
- Allows patients to return to regular activities within a few days

Dr. Mahmoud Chehab offers his clients the best of both worlds — comprehensive urology services for men and women right here in Cortland with access to advance robotic technology at nearby Upstate Medical Center.

Dr. Chehab is proud to welcome Peter Iannotta, Physicians Assistant, Urology to his practice, bringing nearly XX years of experience in delivering compassionate care to the Cortland community.

For complete Urinary, bladder, kidney and prostate health solutions contact Cortland Regional Urology

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