

## Diagnosis, treatment and recovery

Urogynecology Associates of Philadelphia offers one of the largest and most comprehensive treatment programs for female pelvic floor disorders in the Philadelphia area.

We provide comprehensive evaluation, diagnostic testing, and therapy for disorders including urinary incontinence, pelvic organ prolapse, recurring urinary tract infections, anal incontinence and sexual dysfunction. Our team of physicians, nurses and physical therapist work together to offer:

- Complex bladder testing (urodynamics)
- Office cystoscopy and hysteroscopy
- Assessment/treatment of pelvic muscle weakness
- Exercise programs that strengthen the pelvic floor and help control urgency
- Fluid and dietary management
- Biofeedback training to help you find and strengthen your pelvic muscles
- Electrical stimulation therapy to recondition your bladder muscles
- Bladder retraining to manage urinary frequency and urgency
- Reconstructive surgical procedures

The majority of our services are covered by most major insurers.

## To schedule an appointment

**To learn more or to schedule an appointment, visit [mainlinehealth.org/urogyn-philly](http://mainlinehealth.org/urogyn-philly) or call 610.627.4170.** We offer two convenient locations— at Riddle Hospital in Delaware County, and Paoli Hospital in Chester County.

# Female pelvic medicine and reconstructive surgery



**Main Line HealthCare**  
Physician Network

# Regain confidence and freedom

Many women are surprised to learn that female pelvic floor disorders such as urinary incontinence, pelvic organ prolapse, and anal incontinence are common and can occur in women of all ages. In fact, pelvic floor disorders can affect up to half of adult women.

## When to see a urogynecologist

Urogynecologists are physicians with expertise in diagnosing and managing pelvic floor disorders. These physicians initially become board certified in either Obstetrics & Gynecology or Urology. Additional training and experience is then necessary to become board certified in Female Pelvic Medicine and Reconstructive Surgery. Most sub-specialists have completed additional years of fellowship training in the medical and surgical management of incontinence and pelvic organ prolapse, as well as advanced training in pelvic floor anatomy, physiology and diagnostic testing. They must remain up-to-date on the latest research and treatments for pelvic floor disorders in order to receive annual re-certification. The physicians of Urogynecology Associates of Philadelphia earned their initial certification in Obstetrics and Gynecology.

Pelvic floor problems may first be suspected by you, or your primary care doctor, gynecologist or urologist. Consulting with a urogynecologist may be helpful in getting an accurate diagnosis or understanding the full spectrum of treatment options. A urogynecologist can recommend a variety of therapies, non-surgical and surgical, to cure or relieve your symptoms.

## What is pelvic floor dysfunction?

The pelvic floor is the system of muscles, ligaments and connective tissue that support a woman's internal organs, including the bowel, bladder, uterus, vagina and rectum. A pelvic floor disorder occurs when the muscles or connective tissue become weakened or injured.

Damage to the pelvic floor is frequently initiated by pregnancy and childbirth. Women who undergo cesarean delivery may have a slightly lower risk of pelvic floor dysfunction. Repetitive straining, such as heavy lifting and constipation, as well as prior pelvic surgery including hysterectomy, can also damage pelvic floor support and function. Some problems that can occur due to pelvic floor dysfunction are:

- **Incontinence**—Loss of bladder or bowel control
- **Prolapse**—Displacement of the pelvic organs (uterus, bladder and rectum) beyond the normal position of the vaginal walls. Symptoms include a visible bulge and pelvic pressure
- **Overactive bladder symptoms**—Frequent and/or urgent desire to void, urgency incontinence
- **Emptying disorders**—Difficulty urinating or moving bowels
- **Pelvic (or bladder) pain**—Discomfort, burning or spasm within the bladder, urethra or vagina. May also manifest as pain during sexual intercourse



## Our providers

*Physicians are on the staff of the Main Line Health® hospitals: Riddle, Paoli and Bryn Mawr Hospitals and Lankenau Medical Center*



**Marc R. Togli, MD**, is System Chief, Division of Female Pelvic Medicine and Reconstructive Surgery for Main Line Health and is nationally recognized for his expertise in the treatment of urinary and anal incontinence and pelvic organ prolapse. Board certified in female pelvic medicine & reconstructive surgery and obstetrics/gynecology, he earned his medical degree from Vanderbilt University School of Medicine and completed his internship and residency at the University of Michigan Medical Center. Dr. Togli provides individualized, compassionate care to women of all ages, and specializes in urogynecology, reconstructive vaginal surgery, minimally invasive gynecologic surgery, reconstructive pelvic surgery, urodynamic testing, biofeedback therapy and electrical stimulation, and geriatric gynecology. He is frequently recognized as a top doctor by *Philadelphia* magazine, *Main Line Today* and *U.S. News & World Report*. Dr. Togli has authored numerous publications including journal articles and book chapters, and co-authored the textbook *Office Urogynecology*. He is an Associate Professor of Obstetrics and Gynecology at Jefferson Medical College and the Lankenau Institute of Medical Research.



**C. Sage Claydon, MD, FACOG**, is board certified in female pelvic medicine & reconstructive surgery. She earned her medical degree from Medical College of Virginia at Virginia Commonwealth University in Richmond, VA. She completed her residency at University of California Los Angeles Medical Center, and her fellowship in Female Pelvic Medicine and Reconstructive Surgery at Cooper Hospital, UMDNJ/Robert Wood Johnson Medical School in Camden, NJ. Dr. Claydon specializes in surgical and non-surgical urogynecologic care, focusing on pelvic floor disorders, pelvic organ

## Our providers

prolapse, female urinary incontinence and bladder disorders, fecal incontinence, genital malformations and sexual health for adolescents through adults. She is passionate about empowering women to play an active role in their personal health care, and is a speaker for community events. Dr. Claydon is a Fellow of the American Congress of Obstetricians and Gynecologists, as well as a member of the American Urogynecologic Society, the Society for Urodynamics and Female Pelvic Medicine & Urogenital Reconstruction, and the Society of Gynecologic Surgeons.



**Kirstin Liu, CRNP**, is a Certified Registered Nurse Practitioner who joined our group in 2014. She earned her Bachelor's and Master's degrees in Nursing from Thomas Jefferson University and received her certification from the American Academy of Nurse Practitioners.