



New Pelvic Health Center:

The answer many women have been looking for

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Many women are often on the lookout for a restroom even though they went to the bathroom 20 minutes ago. Some women may also have pelvic or low back pain, bowel problems or other concerns. Many do the best they can to cope with these symptoms despite the impact on their quality of life. Others may visit their primary care physician or other specialists to receive treatment, pain medications or antibiotics that ultimately do not provide the relief they are seeking.

This is where the new Hallmark Health System (HHS) Pelvic Health Center can help. Located at the Stoneham Outpatient campus, 51 Montvale Ave., the Center is the first of its kind in the region and provides an interdisciplinary medical approach to identify and then develop a personalized treatment plan to address the unique needs of women with pelvic floor symptoms and related conditions. Recent studies have shown that one in three American women develop these concerns at some point in their lifetime. Some women may also have urinary incontinence, pelvic or low back pain, bowel problems or other concerns. It can become more common as women age.

Michael Newman, MD, medical director of gastroenterology services at HHS, describes the difference in treatment patients receive at the new Center. “Our comprehensive care center uses an innovative, inter-disciplinary approach to identify the source of the problem and then develop a personalized treatment plan. On the first visit, the patient will meet with a nurse navigator who will assess the symptoms and answer any concerns. From there, the patient will have access to a highly-skilled and experienced team of gynecologists, gastroenterologists and specially-trained psychotherapists and physical therapists. Together this team works with the patient and recommends treatment options to find the definitive answer to the problem.”

Treatment options may include lifestyle and nutrition changes, specialized physical therapy, medications, bio-feedback treatments, counseling or minimally-invasive surgery such as mini arc sling or sacral nerve stimulation utilizing the InterStim system. Patients are encouraged to ask questions and actively participate in their care. Isn't it time to put an end to the pain, discomfort and the embarrassment of your pelvic floor symptoms?

If you'd like our help to end the pain, discomfort and embarrassment of pelvic floor symptoms, call the Center today at (781) 213-5200 for a convenient appointment.