



ESPECIALLY FOR WOMEN

EXCEPTIONAL CARE FOR REMARKABLE WOMEN

By Dr. Joseph Gauta, MD, FACOG



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Let Good Sense, Not Good Promotions Determine Your Health Care Needs.

Each day, women are bombarded with information, reports and advertisements on a variety of health issues. Cervical Cancer is frequently reported in the media, and advertisements for new vaccines for young women are seen throughout magazines and on television.

According to Joseph Gauta, MD, founder of Especially for Women Obstetrics and Gynecology and The Florida Bladder Institute, these reports can be misleading.

"According to the National Cancer Institute, in 2008 there were 11,070 new cases of cervical or uterine cervix cancer reported in the United States and 3,870 deaths. Of course, any new case or death from cervical cancer or any other health problem is disturbing; the statistics do not support the undue amount of alarming messages being reported and promoted."

Focus on the Fundamentals – Be Proactive

Rather than buying into the latest media campaign on disease and treatment, women should instead focus their efforts on the proven method for maintaining good gynecological health -- the annual examination and screening process.

Although more women are visiting the gynecologist regularly, many still avoid dealing head-on with feminine health issues. For example, a recent survey of 20,000 women showed that while 16% were concerned with urine leakage and/or incontinence, only half were prompted by that symptom to visit a gynecologist. The same was true of vaginal dryness/painful intercourse.

"It is unfortunate that women today still refrain from gynecologic exams because they either fear the outcome or they are embarrassed," Dr. Gauta, a board certified doctor of obstetrics and gynecology and a fellow of the American College of Obstetrics and Gynecology said. "It is important to visit the gynecologist regularly for a full exam and Pap test, as well as make visits when you think you might have an infection or other medical problems. By having regular exams, you decrease the risk of missing early signs and symptoms of certain diseases, including cervical cancer that, if caught early, can be successfully treated."

Bladder issues more prevalent among women

In contrast to the relatively small incidence of cervical cancer in the United States, the National Association for Continence reports that nearly 25 million Americans have occasional or chronic urinary incontinence issues with 75% to 85% being women.

As a sub-specialist in Urogynecology, Dr. Gauta is highly skilled and experienced in resolving urological problems in women that may occur as a result of childbirth, menopause, aging, disease or even as side effects of some medications.

Dr. Gauta stressed the importance of being honest and open with your doctor during routine and problem-oriented examinations, "It is so important to talk to us about all problems or concerns you may have even though they may not seem related. For example, frequent or uncontrolled urination could be a symptom of a bladder disorder, diabetes or other problem. If diagnosed early, many health issues can easily be treated. He added, "There is nothing you should be embarrassed to talk about. If it is a problem for you, it is a problem for us. We're here to help."

There are many types of incontinence disorders and just as many treatment options. Stress urinary incontinence, urge incontinence, overactive bladder, pelvic organ prolapse; the causes for incontinence are many. Fortunately, there are just as many treatment options available today to help people regain control and reclaim their freedom and confidence.

As always, early detection is the key to a positive outcome and patient compliance is essential. Things like lifestyle modification, diet, exercise, physical therapy, medication, minimally invasive techniques, and surgical implants are just a few of the strategies and tactics doctors and their patients can use to achieve a higher quality of life.



A skilled team of women's health specialists

Especially for Women is comprised of an elite team of highly skilled and experienced women's health care specialists and surgeons including: **Joseph Gauta, MD, FACOG, Jody Alexander, MD, FACOG, Emily Clements, DO, Amanda Schultz, MPH, PA-C and Denise Waszkowski, CNM, ARNP.** The practice maintains three convenient locations to provide the highest quality health care for women of all ages. In the Regional Medical Arts building, 8340 Collier Boulevard on the campus of Physician Regional Medical Center; in North Naples in the Gulf Coast Medical Arts Building, 1890 SW Health Parkway; and, on Marco Island at 960 N. Collier Boulevard. New patients are being accepted and appointments can be made by calling **239-592-1388.**