

Women's Medical Specialty
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Continence Program Overview

Urinary incontinence is defined as an involuntary loss of urine. According to the Agency for Healthcare Policy and Research guidelines, 13 million Americans have incontinence, **11 million are women**, and one in four women ages 30-59, have experienced an episode of urinary incontinence.

Urinary frequency is urinating more than every two hours. If you are getting up more than 2 times at night, this is not normal.

Stress incontinence is a small amount of leakage when you cough, sneeze, laugh, change position, exercise or lift heavy objects.

Urge incontinence is leakage of urine with a strong urge to urinate. Some people refer to this as “over-active bladder”.

If you are experiencing any of these, it is not normal – at any age, and is not part of the normal aging process. You are not alone, and you don't have to live with it, no matter how mild or severe your problem is.

Our Continence Program is designed around your needs, helping you attain your goals. You will meet with Debbie, a specially trained nurse, who has been helping women with this problem for more than twelve years.

On your initial visit, you will be asked to provide a urine specimen for testing, and a detailed history will be obtained. Debbie will also teach you about your bladder and discuss various treatment options that are available. Some of these options may include special exercises, medication, diet and fluid changes, and in some cases referral to a specialist. This visit may also include a brief exam to instruct you how to do exercises, or a more detailed exam and testing on your bladder to determine the cause of your symptoms. Please note you cannot have your menses at the initial visit.

We are happy to be able to offer this service that has helped many women in our practice and encourage you to take advantage of this program. It is covered by most insurance plans.