

Urology Associates offers PTNS - a new, non-invasive procedure to treat overactive bladder.

Percutaneous Tibial Nerve Stimulation (PTNS) is the least invasive form of neuromodulation used to treat bladder control problems and it is now available right here at Urology Associates of York Hospital

What are the symptoms of overactive bladder (OAB)? The basic set of symptoms that providers use to diagnose an overactive bladder include:

- Leakage of urine.
- Pain whenever your bladder fills or when you're urinating.
- Progressive weakness of your urine stream, down to "dribbling," sometimes accompanied by the feeling that you've not completely emptied your bladder.
- Increased rate of urination.
- Waking up often with the need to urinate.
- Bed-wetting or leaking urine in your sleep.
- Inability to urinate, or straining to empty the bladder.
- Frequent urinary tract and bladder infections.

There are many therapies and procedures to help improve and control an overactive bladder. Percutaneous Tibial Nerve Stimulation, or PTNS is a new, non-invasive procedure available at Urology Associates of York Hospital. **We are the first in Maine and the Seacoast NH area to offer it!**

What is PTNS? Bladder function is regulated by a group of nerves at the base of the spine called the sacral nerve plexus. PTNS uses gentle electrical impulses (neuromodulation) to change your bladder activity. It is a low-risk, office procedure that indirectly stimulates the nerves responsible for bladder function using the tibial nerve in your lower leg. Patients relax in a comfortable lounge chair for this virtually painless, 30 minute procedure once a week for 12 weeks. Once completed, our providers will work with you to determine if occasional treatments are needed to maintain your results.

This procedure is low-risk and appropriate for many. Please note it is not suitable for patients with a defibrillator/pacemaker;



those who are pregnant or planning to become pregnant during treatment, patients with nerve damage or those who are prone to excessive bleeding.

What are the benefits of PTNS? Most patients using this in-office, non-invasive type of neuromodulation experience *significant improvement* in their bladder control symptoms.



Urology Associates of York Hospital is the first in the area to offer PTNS. Certified Urology Nurse Practitioner Jane Berlew is now offering this alternative procedure for patients with overactive bladder. **To see if this treatment is right for you, please contact Urology Associates of York Hospital at (207) 351-3975 today.**



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