



Understanding Urogynecology

The Women's Services Subspecialty with Considerable Impact

Prolapse, incontinence, pelvic floor dysfunction, interstitial cystitis. What do these medical conditions have in common? The specialty of urogynecology addresses them all. Urogynecology focuses on the pelvic floor muscles, bladder incontinence, and other dysfunctions that can stem from issues surrounding the female reproductive system or urinary system.

What are some common conditions that might be treated in Urogynecology?

Each patient experiencing pelvic floor and urinary symptoms has unique and individual needs. Some of these needs can be diagnosed with your primary care provider and then referred to urogynecology. It might be time for a referral if you are experiencing conditions such as:

- prolapse (dropping pelvic organs)
- backache
- overactive bladder

- leaky bladder
- difficulty voiding
- recurrent urinary tract infections
- painful intercourse
- bladder, rectum, or pelvic pain
- issues with pelvic floor functionality after childbirth.

What can you do?

Contrary to popular thought, you do not have to deal with conditions like leakage, prolapse, or pelvic pain. These symptoms, along with many others, can be treated and improved. Reach out to your primary care provider and talk to them about the symptoms you are experiencing. They can refer you to Christopher Klingele, MD, Olmsted Medical Center's urogynecologist, and help you get you started down the path of improving the quality of your life.

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What will happen if you are treated in urogynecology?

Conditions that are treated in this subspecialty can be diagnosed in different ways. Sometimes, a simple ultrasound can be used to pinpoint issues that you are experiencing. You will be asked about your symptoms and timing of symptoms, how they are affecting your quality of life, and what your goals are for seeking treatment. A physical exam and other test may be performed to help define the symptoms you are experiencing. After a treatment plan is formed, the urogynecology medical team will be with you every step of the way through the plan.

How are these conditions treated?

Urogynecology is not all surgical solutions. Often there are non-invasive therapies that can be done to improve your symptoms. These can include physical therapy for the muscles in and around your pelvic floor, medications or injections, and

sometimes surgical interventions.

What exactly does a urogynecologist do?

Dr. Klingele specializes in urogynecology and can provide options and treatments for many different issues that fall under the care of this specialty. He is board certified in Urogynecology and Reconstructive Pelvic Surgery. With his extensive background and over 20 years of expertise, he and his medical team can guide you through the options and treatments that are available for your condition. He has been treating gynecologic and urogynecologic conditions in Southeast Minnesota for many years. OMC is committed to helping you find relief to these symptoms.

Today is the day to make the decision to improve your quality of life and get back to being 100% you. Addressing pelvic floor dysfunction, bladder and rectum issues, UTIs, or painful intercourse will help you find relief and give you back control and comfort.

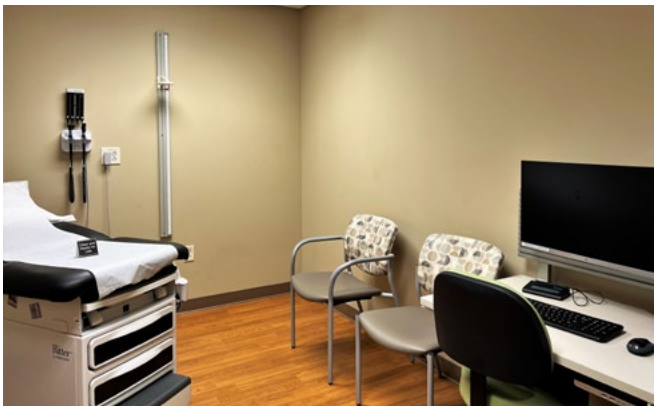


Christopher Klingele, MD



Make an appointment with Dr. Klingele at OMC by calling **507.529.6605** or have your primary care provider make a referral.

To learn more about Urogynecology, visit www.olmmed.org/urogynecology/.



OMC's Acute Care at Rochester Northwest Clinic has relocated to the lower level

Acute Care at Olmsted Medical Center's Rochester Northwest Clinic has relocated from the main floor to the lower level of the Northwest Clinic. Patients should park in the lower-level parking lot and enter the lower-level patient entrance.

The move to the lower level allows OMC to care for more patients in Acute Care by increasing the number of exam rooms. In addition, by relocating Acute Care to

the lower level, it enables primary care to expand their services on the main level.

Appointments are not needed, and individuals do not need to be an Olmsted Medical Center patient to be seen in Acute Care. Patients are able to receive treatment for many common ailments and injuries and have access to on-site laboratory and x-ray services.

The Rochester Northwest Clinic is located at 5067 55th Street NW. Hours for Acute Care will continue to be Monday through Friday, 7:00 AM until 7:00 PM.



To learn about all of OMC's convenient care options (Acute Care, FastCare, and the Orthopedics Walk-In Clinic) visit <https://www.olmmed.org/AcuteCare/>.



On-Demand Virtual Care Now Available

If you aren't feeling well, or have a health concern, OMC has a new virtual healthcare option through OMC MyChart. Called "On-Demand," patients can visit with a provider Monday through Friday, from 5:00 – 9:00 PM for acute and chronic issues, as well as for general medical issues. Each appointment is approximately 15 minutes and available on a first-come, first-served basis. On-Demand is not for emergency care.

To be seen by a provider, patients will need to sign into OMC MyChart and select On-Demand from the menu. Patients will then be placed in a virtual line until a provider is available. The wait time could range from 5 to 20 minutes, depending on how many people are already in line.

If the provider determines a prescription is needed, they will send the request to the patient's preferred pharmacy. Narcotic medications will not be able to be prescribed through the On-Demand appointment.

Virtual visits do not include laboratory or other tests. Tests, if needed, will need to be done at one of OMC's locations.

If during the video visit it is determined the patient needs to have follow-up or additional care, the patient will receive information about next steps. Following the On-Demand visit, the provider will share information about the virtual visit with the patient's care provider.

To use On-Demand patients will need to:

- be a Minnesota resident and be physically located in the state of Minnesota at the time of the visit
- On-Demand is not available for "snowbirds" or patients who are traveling outside the state of Minnesota
- have access to a camera, either on their desktop computer, tablet, or mobile device
- verify their insurance.

The cost for an On-Demand visit is similar to an in-person appointment in a primary care provider's office. If during the appointment the provider determines the patient needs to be seen in the Emergency department, there will not be a charge for the video visit.

How to use On-Demand in three easy steps.

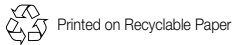
1. Open OMC MyChart. After selecting the On-Demand link, enter the information and symptoms.
2. Meet with a provider. The provider will diagnose and offer treatment during the video visit.
3. Receive a care plan. If a prescription is needed, it will be sent to the patient's pharmacy.



To learn about On-Demand Virtual Care visit our website at www.olmmed.org/on-demand/.

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At OMC, every employee is a caregiver. Want to join us? Follow us on LinkedIn and visit our Career Opportunities section at www.olmstedmedicalcenter.org.

Dermatology appointments now available in Pine Island and Plainview

Olmsted Medical Center (OMC) is now offering dermatology appointments one day a month at the Pine Island and Plainview clinics. A referral is not required to schedule an appointment.

In Pine Island, Jennifer Lisowe, MD, is available to see patients once a month on Thursdays. The Thursdays she is available varies from month to month. Dr. Lisowe is a board-certified dermatologist who joined OMC in 2013. The Pine Island clinic is open Monday through Friday 8:00 AM – 5:00 PM. To make an appointment call **507.356.4929**.

In Plainview, Logan Kolb, DO, is available to see patients every third Wednesday of the month. Dr. Kolb is a board-certified dermatologist who joined OMC in 2020. The Plainview clinic is open Monday through Friday 8:00 AM – 5:00 PM. To make an appointment call **507.534.3885**.



To learn more about dermatology services at OMC, visit our website at www.olmmed.org/dermatology/.

OMC complies with healthcare-related Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak a language other than English, assistance services, free of charge, are available to you. Call 507.288.3443 (TTY: 507.287.2799).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 507.288.3443 (TTY: 507.287.2799).

FIIRO GAAR AH: Haddii aad ku hadasho Soomaali, adeegyada ka caawinta luqadda ayaad adigu lacag la'aan ku heli kartaa. Soo wac 507.288.3443 (TTY: 507.287.2799).