The Continence Care Team offers the most up-to-date, personalized continence care for women and men. Our experienced providers assist people of all ages with urinary incontinence and provide comprehensive, patient-centered care.

E. William Johnson, MD, MPH, a board certified urologist, has experience treating all types of urinary incontinence and is the leader of the Continence Care Team. Dr. Johnson works in association with Nicole Gargiulo, PA-C, treating both women and men for a variety of incontinence issues.

Continence Care provides treatment options for the following:

- Stress incontinence – the leakage of urine with activity (coughing, laughing, sneezing and exercise)
- Urge incontinence – the sudden loss of urine associated with a strong urge to urinate
- Mixed incontinence
- Frequent urination
- Waking multiple times a night to urinate
- Urgency
- Postpartum urinary leakage

The Continence Care Team offers comprehensive services ranging from conservative treatments to surgical interventions.

**Urology Services:**
- Urodynamic testing
- Medication therapy
- Posterior Tibial Neurostimulation (PTNS), a non-invasive office based procedure for urinary frequency and urge incontinence
- Outpatient surgery for female stress incontinence, including “sling” procedure
- Interstim Sacral Neuromodulation for urgency, frequency and urge incontinence

**Physical Therapy (Exeter Hospital):**
- Pelvic floor muscle rehabilitation
- Behavioral and lifestyle modification
- Education and nutrition suggestions
- Biofeedback training

There are many treatment options available to help you live an active and healthy life free from incontinence.

To schedule an appointment or to speak to Nicole Gargiulo, PA-C with questions about incontinence call Core Atlantic Urology Associates at 603-658-1277, or call Nicole directly at 603-777-1199.
# Take the Continence Quiz

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>1. Do you ever experience unplanned, sudden urine loss, either while sleeping or during the day?</td>
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<td>2. Do you frequently have strong, sudden urges to urinate?</td>
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<td>3. Do you have trouble holding your urine as you hurry to the bathroom? Do you sometimes not make it in time?</td>
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<td>4. Do you visit the bathroom to urinate more than 8 times per day?</td>
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<td>5. When planning a trip, outing or event, does the availability of a restroom affect your decision?</td>
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<td>6. Do you get up two or more times during the night to go to the bathroom?</td>
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<td>7. Do you experience urine leakage (small or large) while laughing, sneezing, jumping, exercising, lifting or performing other movements that put pressure on your bladder?</td>
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<td>8. Have your urinary symptoms prevented you from participating in activities you enjoy because you are afraid you might leak?</td>
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If you answered yes to any of these questions, a continence consult may be right for you.

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