



# CONTINENCE CARE

CORE ATLANTIC UROLOGY ASSOCIATES &  
EXETER HOSPITAL PHYSICAL & OCCUPATIONAL THERAPY SERVICES

*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.

 **CORE PHYSICIANS**  
an exeter health resource | The Art of Wellness

Core Atlantic Urology Associates  
3 Alumni Drive, Suite 204, Exeter, NH 03833  
603-658-1277 | corephysicians.org

 **EXETER HOSPITAL**  
an exeter health resource | The Art of Wellness

Exeter Hospital Physical & Occupational Therapy  
4 Alumni Drive, Exeter, NH 03833  
603-778-6548 | exeterhospital.com  
(Locations: Exeter, Kingston, Newmarket, Plaistow)

## TAKE *the* CONTINENCE QUIZ

- 1 Do you ever experience unplanned, sudden urine loss, either while sleeping or during the day?  YES  NO

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- 2 Do you frequently have strong, sudden urges to urinate?  YES  NO

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- 3 Do you have trouble holding your urine as you hurry to the bathroom? Do you sometimes not make it in time?  YES  NO

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- 4 Do you visit the bathroom to urinate more than 8 times per day?  YES  NO

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- 5 When planning a trip, outing or event, does the availability of a restroom affect your decision?  YES  NO

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- 6 Do you get up two or more times during the night to go to the bathroom?  YES  NO

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- 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?  YES  NO

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- 8 Have your urinary symptoms prevented you from participating in activities you enjoy because you are afraid you might leak?  YES  NO

**If you answered yes to any of these questions, a continence consult may be right for you.**

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CONTINENCE CARE TEAM

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