

KNOXVILLE METRO

MD NEWS

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Technology in Women's Health

Medical Innovation

TECHNOLOGY IN

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ACCORDING TO THE NATIONAL WOMEN'S HEALTH RESOURCE CENTER, ONE IN THREE WOMEN SUFFERS FROM A PELVIC HEALTH DISORDER.



THE INSTITUTE FOR Female Pelvic Medicine, a division of Generations ObGyn in Knoxville, TN, is dedicated to meeting the needs of patients who are currently experiencing complex health issues related to urinary and pelvic floor conditions.

The institute provides care for a variety of pelvic health conditions, including:

- + urinary incontinence, including stress, urge, overflow, functional and transient incontinence

- + pelvic organ prolapse, including enterocele, rectocele and cystocele

- + hematuria

- + interstitial cystitis

- + overactive bladder

- + pelvic pain

- + pelvic floor dysfunction

- + sexual dysfunction

- + fecal incontinence

“Over the years, we have become an important tertiary resource for patients with complicated conditions in this

specialty area that affect quality of life,” says Jeffrey R. Dell, M.D., FACOG, FACS, Director of the Institute for Female Pelvic Medicine. “Many of the patients referred to us have already had multiple treatments and surgeries.”

An Individualized Approach

When a patient is referred to the institute, the medical staff works to establish the best form of treatment by taking a thorough history and administering diagnostic tests. Once the history and test results are reviewed, the physician will create a list of treatment options designed specifically to meet the patient's needs.

“Depending on the condition, we might recommend medication or surgery, or a combination of management options,” says Dr. Dell. “For example, if a patient is experiencing painful bladder syndrome, we might take several different approaches, including dietary adjustments or bladder instillation therapy, where we place a combination of medicines directly into the bladder to reduce inflammation and pain.”

The institute also offers a wide range of treatments for urinary incontinence, including physical therapy, biofeedback, electrical stimulation and surgery.

“We work very closely with the pelvic floor physical therapists in cases that need nonsurgical treatment,” says Dr. Dell. “We also offer pelvic reconstructive and urinary incontinence surgery when needed. Our No. 1 goal is to provide the highest level of individualized care. Each patient's overall health is important to us, and we tailor each patient's care to her specific needs.”



SERVING EVERY GENERATION

While the Institute for Female Pelvic Medicine is completely dedicated to the treatment of complicated pelvic and urological medical conditions, Generations ObGyn offers a wide range of services to patients, including routine care, weight-loss treatment plans and cosmetic procedures.

Generations ObGyn offers routine gynecological and obstetrics care for patients in the Knoxville area as well as specialized treatment options for a variety of women's health conditions, including infertility, urogynecology and menopause management. Endoscopic and laser surgery and 3-D/4-D ultrasonography services are also available.

Leading-edge therapeutic treatments available at Generations ObGyn include Her Option for heavy menstrual cycles and Essure, a permanent form of birth control.

The Center for Medical Weight Loss offers patients individualized treatment options for weight loss, including one-on-one physician consultations and support, supervised meal plans, exercise recommendations and medication.

Regenerations Cosmetic Medicine offers the latest nonsurgical cosmetic treatments for women who want to look and feel their best without having to undergo traditional plastic surgery.

Services include:

- + acne laser treatments
- + Botox cosmetic
- + skin resurfacing
- + dermal fillers
- + facials
- + laser hair removal
- + leg vein treatments
- + photofacials
- + peels
- + waxing

For more information about the services available at Generations ObGyn, visit www.genobgyn.com.

Commitment to Further Research

While the main focus is improving the quality of life for patients, the Institute for Female Pelvic Medicine is also dedicated to furthering research related to women's health conditions.

"Over the last decade, we have been involved in the research and development of new instruments and materials used in the treatment of pelvic floor conditions," says Dr. Dell. "We also feel it is important to continue submitting research for scientific publications."

Dr. Dell teaches numerous cadaver surgery courses across the United States each year, and he is part of an international network of physicians and surgeons dedicated to researching and treating women's health conditions.

"Working in the national and international forum is another component to the institute," says Dr. Dell. "We pool our experiences with international thought leaders who also work with patients on a day-to-day basis to broaden and strengthen our program."

A Source for Physicians and Patients

The Institute for Female Pelvic Medicine is dedicated

MEET THE DOCTOR

The Institute for Female Pelvic Medicine is committed to treating complex women's health issues with the highest level of care. Here's a closer look at the Director of the Institute.

Jeffrey R. Dell, M.D., FACOG, FACS, obtained his medical degree from the University of Minnesota in Minneapolis, MN, before completing an internship and residency at the University of Tennessee Health Science Center in Memphis, TN. He also has extensive postgraduate training in urogynecology and reconstructive pelvic surgery.

Board certified by the American Board of Obstetrics and Gynecology, Dr. Dell is also a Fellow of the American College of Obstetricians and Gynecologists and the American College of Surgeons. He is a member of the American Association of Gynecologic Laparoscopists, the Society of Pelvic Reconstructive Surgeons and the American Urogynecologic Society.

Dr. Dell has published numerous articles in several scholarly journals including *Urology*, *Journal of Urology* and the *International Urogynecology Journal*.



to being a resource for physicians and patients across the Southeast and beyond.

“We are here to serve physicians and their patients,” says Dr. Dell. “Often, physicians call to consult regarding the proper treatment approach for a specific patient, or ask if we can offer specialized care for a complex case. We want to help in whatever capacity possible, whether by offering a second opinion or accepting a referral for care.”

For more information about the Institute for Female Pelvic Medicine, visit www.mypelvicmedicine.com. To refer a patient, call (865) 769-4488. ■