



**As many as one in three women are affected by gynecologic and bladder conditions that impair their comfort and quality of life.**

Conditions may range from the mild to the more severe, and include urinary or fecal incontinence and pelvic organ prolapse. Prolapse occurs when the uterus, bladder, rectum, or bowels drop down and create a bulge into the vaginal opening. Many women view these problems as part of the normal aging process that simply can't be cured. Fortunately, this is not the case.

The specialized physicians of **Rutgers Robert Wood Johnson Medical Group's Division of Female Pelvic Medicine and Reconstructive Surgery** are dedicated to these important health care problems. We provide a thorough evaluation, including state-of-the-art onsite testing and minimally invasive treatment options to improve quality of life and get women back to normal daily activities.

We also treat benign gynecologic conditions, including abnormal bleeding, fibroids, endometriosis, and pelvic pain using minimally invasive gynecologic treatments for quick recovery and minimal post-operative pain.

**RUTGERS**

Robert Wood Johnson  
Medical Group

ROBERT WOOD JOHNSON MEDICAL SCHOOL

Our practice is part of Robert Wood Johnson Medical Group, the faculty practice of Robert Wood Johnson Medical School, part of Rutgers, The State University of New Jersey.

One of the largest multispecialty physician practices in the state, Robert Wood Johnson Medical Group consists of over 500 physicians with expertise in more than 200 subspecialty clinical programs. We provide a full range of highly specialized services for children and adults.

Information about the Medical Group's clinical services can be found online at:

[www.RWJMedicalGroup.org](http://www.RWJMedicalGroup.org)

For additional details about the **Division of Female Pelvic Medicine and Reconstructive Surgery**, click on the division's link located on the Department of Obstetrics, Gynecology and Reproductive Sciences page (under Clinical Services--View Medical Services).

## Two convenient locations!

*Main Office:*

Clinical Academic Building  
125 Paterson Street  
Suite 4200  
New Brunswick, NJ 08901

*Somerset Office:*

1 World's Fair Drive  
Somerset, NJ 08873

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# Urogynecology

*Division of Female Pelvic Medicine and Reconstructive Surgery*

**RUTGERS**

Robert Wood Johnson  
Medical School

**Our specialists provide a comprehensive pelvic floor program that addresses the full range of pelvic floor disorders. Pelvic conditions we treat include:**

- Urgency urinary incontinence
- Stress incontinence
- Fecal incontinence
- Cystocele/Rectocele/Enterocele
- Uterine prolapse/Vaginal prolapse
- Painful bladder conditions
- Interstitial cystitis
- Sexual dysfunction
- Genitourinary and rectovaginal fistula
- Urethral diverticulum
- Vaginal cysts
- Constipation
- Postpartum pelvic floor dysfunction
- Pelvic pain
- Endometriosis
- Fibroids and endometrial polyps

We perform diagnostic services at our Robert Wood Johnson Medical Group clinical sites for optimal treatment. As a large number of women are affected by more than one pelvic floor disorder, our team of physicians also works jointly with a colorectal surgeon from our Medical Group to perform thorough evaluations for women with bowel disorders.



## MEET OUR PHYSICIANS

The Division of Female Pelvic Medicine and Reconstructive Surgery is led by Division Chief Juana Hutchinson-Colas, MD, MBA. Drs. Hutchinson-Colas, Adrian Balica, and Saya Segal specialize in the care of women with pelvic floor and benign gynecologic disorders. Drs. Hutchinson-Colas and Segal are fellowship-trained urogynecologists who treat urinary and fecal incontinence and pelvic organ prolapse using robotic and vaginal surgery, in addition to non-surgical treatment. Dr. Balica is an active member of the American Association of Gynecologic Laparoscopists (AAGL) and is an expert in minimally invasive benign gynecologic surgery. Dr. Balica and Dr. Eckhard Kemmann perform gynecologic ultrasound and are American Institute of Ultrasound in Medicine (AIUM)-certified in gynecologic ultrasound.



*Division Chief: Juana Hutchinson-Colas, MD, MBA*



*Adrian Balica, MD*



*Eckhard Kemmann, MD*



*Saya Segal, MD, MSCE*

## Diagnostic Gynecologic Services

### Urodynamic Testing

Urodynamic testing is designed to evaluate the function of the bladder during filling and emptying. This outpatient test is used for women with urinary symptoms and pelvic organ prolapse. Testing is done in a private, comfortable setting and is invaluable in diagnosing complex incontinence problems.

### Cystoscopy

Cystoscopy is performed to inspect the bladder, urethra, and uterine function. It is performed under local anesthesia in the office setting for conditions including blood in the urine, refractory incontinence, and chronic urinary tract infections.

### Endoanal Ultrasound and Anorectal Manometry

We provide these diagnostic tests for women with bowel complaints, including fecal incontinence, to provide comprehensive assessments prior to recommending optimal treatment.

### Hysteroscopy

We perform diagnostic hysteroscopy in the office to decrease hospital admission for OR procedures.

### Gynecologic Ultrasound

Women who have abnormal bleeding, pelvic pain, fibroids, ovarian cysts, polyps, or postmenopausal bleeding are candidates for this noninvasive imaging of the pelvic organs.

## Treatment Options

### Non-Surgical

- Pelvic floor muscle training and strengthening
- Pessary devices
- Medical therapy for incontinence
- Behavioral therapy
- Percutaneous posterior tibial nerve stimulation

### Surgical

- Robotic-assisted pelvic reconstructive surgery
- Laparoscopic hysterectomy
- Vaginal reconstructive surgery
- Slings for urinary incontinence
- Urethral bulking
- Vaginal cyst excision
- Sacral neuromodulation
- Fistula repair
- Anal sphincteroplasty
- Operative hysteroscopy

### Benefits of Minimally Invasive Surgery

- Shorter hospital stay
- Smaller incisions
- Faster recovery
- Less post-operative pain

**Call 732-235-6600**