



A one-of-a-kind practice dedicated to the care of women

Simply call our office at 682-9222 and tell the receptionist you need a same day appointment if you need to see a physician immediately.

What We're Doing

Women's Health Specialists is always looking for ways to serve you better. Now, for the holiday season we are offering a laser hair removal special; 20% off any laser package purchased prior to Christmas. This is a great gift idea or something to help make you look younger and smoother for all of your Holiday Parties!

What's New



NEW TREATMENT AVAILABLE FOR URGE INCONTINENCE

Urge incontinence is leakage of urine due to bladder muscles that contract inappropriately. Urge incontinence also goes by other names such as overactive bladder; detrusor instability; detrusor hyperreflexia; irritable bladder; spasmodic bladder; and unstable

bladder. Often these contractions occur regardless of the amount of urine that is in the bladder. Urge incontinence may result from neurological injuries (such as spinal cord injury or stroke), neurological diseases (such as multiple sclerosis), infection, bladder cancer, bladder stones, bladder inflammation, or bladder outlet obstruction. The majority of cases of urge incontinence are idiopathic, which means a specific cause cannot be identified. Although urge incontinence may occur in anyone at any age, it is more common in women and the elderly.

Symptoms vary somewhat from person to person but usually include

- Sudden and urgent need to urinate (urinary urgency)
- Frequent urination, in the daytime and at night
- Involuntary loss of urine

There are several different approaches that may be used in managing and treating urge incontinence. If evidence of infection is found by urine culture, antibiotics will be prescribed. The choice of a specific treatment will depend on the severity of the symptoms and the extent that the symptoms interfere with lifestyle. There are three main approaches to treatment: medication, retraining, and surgery.

The Urgent PC System is an effective, office-based method of treating overactive bladder symptoms (urinary urgency, urinary frequency and urge incontinence). This simple, non-surgical treatment is low-risk and associated with minimal side effects. The Urgent PC Neuromodulation System (formerly known as the Stoller Afferent Nerve Stimulator, or SANS) takes advantage of the fact that the ankle and bladder send and receive signals from the same

Meet Our Staff



Deborah
Dickerson

Jennifer
Adams

Deborah Dickerson has worked in the medical field for more than 20 years. Her interests include cooking, gardening and music. She attends Longview Heights Baptist Church in Olive Branch, MS. She began working for Women's Health Specialists after the opening in 2004. Deborah enjoys working with her patients and loves building relationships with them. She is the proud Nanna of Alison Rose born in June!

Jennifer Adams grew up in northern California and has two kids. Jennifer moved to Memphis 10 years ago and loves living in Midtown. Her interests include wine tasting, bike riding and visiting art museums. After work, she loves to go home to her husband and yellow lab Truman. Jennifer came to Women's Health Specialists in July of this year but has been in the medical field since 1992. She is really enjoying getting to know her patients and taking care of them.

sacral nerve.

For an Urgent PC treatment, which lasts about half an hour, a hair-thin wire is inserted near the tibial nerve just above your ankle. The wire is connected to an external device that delivers low-frequency electrical pulses. The stimulation travels to the sacral nerve where it is designed to reset nerve signals to the bladder and thus diminish urge incontinence. The treatment is used once a week for several weeks and then as needed to control symptoms.

In one U.S. multicenter study, 12 weeks of treatment improved the symptoms of 70% of patients who had not responded to other treatments for urge incontinence. The number of urinations dropped about 25%, and the episodes of urge incontinence fell by 35%. The device was cleared by the FDA in 2000 for the treatment of urge incontinence and is widely available here, through a company called Uroplasty. In Europe, this treatment is approved for treatment of fecal incontinence as well. A woman who has both urinary and fecal incontinence may be able to qualify for coverage because the therapy can be billed under urinary incontinence. You should not use this treatment if you are pregnant, have nerve damage, or have a pacemaker or implantable defibrillator.

For more information on Urgent PC treatments and to determine if you are a candidate, call our office at 901.682.9222.

Monthly Article

Acupuncture Found To Reduce Pain, Need For Opioids After Surgery

Using acupuncture before and during surgery significantly reduces the level of pain and the amount of potent painkillers needed by patients after the surgery is over. The most important outcome for the patient is the reduction of the side effects associated with opioids. These side effects can negatively impact a patient's recovery from surgery and lengthen the time spent in the hospital. Acupuncture should be considered a viable option for pain control in surgery patients. Patients who received acupuncture had significantly lower risk of developing most common side effects associated with opioid drugs compared with control: 1.5 times lower rates of nausea, 1.3 times fewer incidences of severe itching, 1.6 times fewer reports of dizziness and 3.5 times fewer cases of urinary retention.

Opioids are a class of medications that act on the body much like morphine. While they are effective in controlling pain, the side effects of the drugs often influence a patient's recovery from, and satisfaction with, their surgery. The results of this study add to the growing body of evidence that acupuncture can play an effective role in improving the quality of the surgical experience. Numerous studies have demonstrated that acupuncture can also be more effective than current medications in lessening the occurrence of post operative nausea and vomiting, the most common side effect experienced by patients after surgery.

The Chinese have been using acupuncture for more than 5,000 years for the treatment of a variety of ailments, including headaches, gastrointestinal disorders and arthritis. According to Chinese healing practices, there are about 360 specific points along 14 different lines, or meridians, that course throughout the body just under the skin.

Different bodily locations or organs have their own distinct acupuncture points that are the targets for the acupuncturist. For example, a point just below the wrist is the common target for women undergoing breast procedures to prevent nausea and vomiting, another point at the back of the hand is effective in reducing pain.

While it is not completely known why or how acupuncture works, recent research seems to point to its ability to stimulate the release of hormones or the body's own painkillers, known as endorphins.

Women's Health Specialists and Vulvodynia

The physicians and staff at Women's Health Specialists are uniquely qualified to care for women who are either known to have pain in the vulvar region or who have symptoms suggestive of vulvodynia. The physicians in the practice have many years of seeing patients with this problem, often being the ones making the appropriate diagnosis after many years of suffering. The special interest and expertise that the physicians have developed out of taking care of patients as well as doing research in the field. As a result of the many successes in these cases, physicians throughout the Mid-South region have come to depend on the physicians at Women's Health Specialists for consultation in these difficult-to-diagnose situations.

With the experience of seeing so many patients with vulvodynia come additional insights into the special emotional, psychological, and interpersonal needs of these women and their loved ones. Having Dr. Candace Brown, a certified Sex Therapist, in the practice is a critical part of providing a total spectrum of care to the women with vulvodynia. Discomfort with intimacy is a very common symptom of vulvodynia. Because there are many causes of pain in this area, having a broad focus is critically important so that the correct diagnosis can be made. In addition, the medical staff in the office are highly sensitive and responsive to each patient's individual concerns. This is a high priority for each patient as she can get prompt answers to often difficult and vexing questions.

In addition to the focus on vulvodynia, associated medical problems are the special interest of the physicians at Women's Health Specialists. As an example, painful conditions of the bladder can sometimes mimic the symptoms of vulvodynia. Women's Health Specialists has two Urogynecologists (ob/gyn physicians who have done additional fellowships in urinary problems of women) who work on a team that is comprehensive in its approach to painful conditions that women may have in addition to vulvodynia. As a result, the practice also serves as a source for consultation for painful urinary conditions such as interstitial cystitis.

Another common medical condition that can be confused with vulvodynia is endometriosis. Once again, the physicians in the practice have not only treated the condition for many years, but also done research on the condition and taught other physicians how best to approach these diagnoses.

Women's Health Specialists is proud to be a part of this new focus on vulvodynia. As an advocate for women and their overall health and well-being, the practice stands prepared to serve the women of the Mid-South in whatever means it might require to correctly diagnose and treat such a difficult problem. The medical staff providers have over 100 years of combined experience in teaching other physicians in training as well as those in practice, doing research in the area of vulvodynia, and providing comprehensive and caring clinical service.

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