Pelvic Health For Women

Nearly one-third of all women experience pelvic floor dysfunction at some time during their lives. Pelvic floor dysfunction may cause vaginal bulge, pelvic pressure, involuntary bladder leakage, an overactive bladder, or complex pelvic floor issues. If left untreated, it can adversely affect a woman’s quality of life. Some women live in constant fear of accidents, embarrassing odor, or wetness. Those in chronic pain sometimes drastically alter their lifestyles. Yet pelvic floor disorders are manageable, treatable, and in many cases, reversible.

Services at Reading Hospital Center for Pelvic Health and Urogynecology cover the spectrum from routine care to minimally invasive surgeries. We are committed to providing you with the privacy and personal attention you deserve. Whatever challenge you face, you’ll find comprehensive services for the diagnosis and treatment of urogynecologic and gynecologic conditions, including:

- Abnormal menstruation
- Adenomyosis (painful, heavy menstrual cycle)
- Endometriosis
- Fibroids
- Menorrhagia (heavy menstrual bleeding)
- Pelvic Adhesions
- Pelvic Pain
- Pelvic Organ Prolapse
- Permanent Contraception (Essure)
- Urinary Incontinence
- Complications related to previous pelvic surgeries (including vaginal mesh)

Many tests and procedures are conducted in the comfort of our private office, including:

- **Ultrasound and hysteroscopy** for evaluation of abnormal uterine bleeding, pelvic pain, and fibroids
- **Endometrial ablation** as a minimally invasive alternative to hysterectomy
- **Hysteroscopic sterilization** using microinserts in the fallopian tubes without any incisions
- **Urodynamics** for the diagnosis of urinary incontinence and voiding dysfunction
- **Neuromodulation** (stimulation of spinal nerves with mild electrical pulses)
- **Botox** treatments for overactive bladders
- **Cystoscopy** (looking in the bladder with a camera)

Patients will also benefit from:

- Minimally invasive surgical options (with small or no incisions)
- Single incision surgery through a small incision at the naval for abnormal bleeding and pelvic pain
Minimally Invasive Surgery
In urogynecology and gynecology, minimally invasive procedures can be done laparoscopically, robotically, or vaginally with reduced post-op discomfort and improved cosmesis compared to traditional open surgeries. Our surgeons are specially trained to offer the most advanced, least invasive surgical options available. You can rest assured that you will receive the highest standard of care, including a treatment plan tailored to suit your needs. For complex procedures, our surgeons utilize the da Vinci® Surgical System. This system allows for additional precision with state-of-the-art robotic equipment. For patients, minimally invasive surgery means:

- Smaller incisions
- Less blood loss
- Fewer complications
- Less pain
- Shorter hospital stays
- Faster recovery times

Procedures offered using a minimally invasive approach include:

- Hysterectomy
- Excision of endometriosis
- Correction of pelvic adhesions
- Sacrocolpopexy (correction of pelvic organ prolapse)
- Myomectomy (removal of fibroids)
- Removal of previously implanted mesh

Office-based Procedures
Office-based procedures also offer numerous advantages for patients. They require less time, provide a familiar and more comfortable environment, cause less anxiety, are more economical than hospital-based surgery, involve less risk of infection, and have reduced anesthesia requirements. Reading Hospital Center for Pelvic Health and Urogynecology performs minimally invasive, office-based procedures designed to get you back to doing the things you want to do faster. Office-based procedures include:

- Botox injections
- D&C hysteroscopy (looking in the uterus with a camera)
- Endometrial ablation (applying energy to uterine lining to decrease monthly flow)
- Hysteroscopic sterilization (looking inside the uterus with a camera – microinserts are placed into the fallopian tubes without any incisions)
- Neuromodulation (stimulation of spinal nerves with mild electrical impulses)
Our Staff

Jaime B. Long, MD, FACOG
Director

Fellowship-trained urogynecologist, Dr. Long evaluates and manages treatment of female urinary incontinence, pelvic prolapse, and chronic pelvic pain. She performs state-of-the-art pelvic reconstruction and specializes in minimally invasive surgical techniques. Dr. Long completed her fellowship in urogynecology at the Mayo Clinic, Scottsdale, AZ. She is the first and only physician in Berks County board certified in urogynecology.

Christopher Pugh, DO, FACOG

Dr. Pugh, fellowship trained in minimally invasive gynecology at the University of Tennessee, manages and treats disorders such as pelvic pain, fibroids, incontinence, pelvic organ prolapse, and abnormal uterine bleeding. He has extensive training in traditional laparoscopy, single incision laparoscopy, and the robotic surgical system. He also specializes in office procedures for permanent sterilization and abnormal uterine bleeding. Dr. Pugh is board certified in Obstetrics and Gynecology.

Susan Martz, MSN, CRNP

Sue Martz is Clinical Coordinator for the Center. She completed her Masters in Nursing with a concentration in Women's Health at Drexel University, Philadelphia, PA. She maintains her Women's Health Nurse Practitioner Certification through the National Certification Corporation. Sue has spent 11 of her 27 years in nursing specializing in Obstetrics/Gynecology and currently serves as a Women's Health Nurse Practitioner.

How to Contact Us

Schedule an appointment for a comprehensive evaluation by calling 484-628-8408. We accept physician referral and self-referral. For more information about the Center for Pelvic Health and Urogynecology, visit www.readinghealth.org/pelvichealth.
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