

# The Pelvic Press

Women's Pelvic Surgery Center of Orlando · 2501 N Orange Avenue · Suite 542 · Orlando, FL 32804  
Phone: 407.228.8066 · Fax: 407.228.8438 · Billing Dept.: 407.210.5161

## NEW ADDITION TO THE OFFICE

Dr. Jones is pleased to announce the newest member of our staff, Katherine Puig, RN, ARNP. Katherine is a Nurse Practitioner with greater than 15 years experience in Women's Health and Gynecology. She joins our office to expand our services related to general women's health as well as menopause, urinary incontinence and pelvic organ prolapse. In the four months she's been with us, she already has a following. Her patients love her. She listens, takes her time with her patients and her smile lights up the city. For more information on Kathy's experience please see our website link, "About Our Clinical Staff". WELCOME KATHY!

## DID YOU KNOW THAT WHAT YOU EAT AND DRINK CAN AFFECT YOUR BLADDER FUNCTION?

### Things to avoid if you have urinary incontinence:

1. Coffee (even decaf)
2. Tea
3. Carbonated Beverages
4. Citrus Fruits (oranges, grapefruit, apples grapes, etc.)
5. Spicy Foods
6. Ketchup
7. Chocolate / caffeine
8. Artificial Sweeteners
9. Diuretics ("water pills")

### Things to improve your bladder control:

1. Drink 8 glasses of water daily
2. Pelvic Floor Exercise (Kegels)
3. STOP SMOKING (Nicotine is a bladder irritant)
4. Weight Management

## NEW SERVICE

Women's Pelvic Surgery Center announces the addition of *Ameriscience Vitamin and Supplementation Therapy* as a new service. Be sure to ask Dr. Jones or Katherine Puig about women's vitamins, weight loss management and alternative menopause therapy.

## PATIENT COMMENTS

### A Real Estate Professional patient from Celebration, Florida:

... "Dr. Jones is tough and informative, she allows, no ... she will force you make your decision regarding your medical care. How refreshing!!!!"

### A PHD Teacher from Orlando:

... "Dr. Jones saved my sanity; she has returned my life to normal. I will forever be thankful."

### A patient from Winter Park:

... "My life revolved around where and how close the restrooms were everywhere I went. I thought that was all I had to look forward to for the rest of my life. Dr. Jones has given me my life back."