



Centers for Pelvic Health



Suffolk location

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(631) 376-3880

Nassau location

2000 North Village Avenue, Suite 204
Rockville Centre, NY 11570

Keith Thomas Downing, MD, MS, FACOG, FPMRS

Division Chief, Female Pelvic Medicine
& Reconstructive Surgery Program
Director, Fellowship in Minimally Invasive
Gynecologic Surgery

Keith Downing, MD, is a urogynecologist, board certified in obstetrics/gynecology and female pelvic medicine and reconstructive surgery. He earned his medical degree from the University of Rochester, School of Medicine and Dentistry. He completed his residency in Obstetrics and Gynecology at the Brigham & Women's Hospital and Massachusetts General Hospital combined residency program and his fellowship in Female Pelvic Medicine and Reconstructive Surgery at Montefiore-Einstein.

Dr. Downing is an accredited surgeon of excellence in minimally invasive gynecology as designated by SRC, a national accreditation program that signifies a commitment to delivering the highest quality of care. His practice is focused solely on the care and management of women with pelvic floor disorders, treating a wide range of issues, such as urinary or bowel incontinence, pelvic organ prolapse, overactive bladder, pelvic pain and other benign gynecologic conditions. His extensive experience combined with his compassionate demeanor helps patients feel at ease when discussing sensitive conditions.



Dr. Downing is an accredited surgeon with Good Samaritan's Center of Excellence in Minimally Invasive Gynecology designation, demonstrating an unparalleled commitment and ability to consistently deliver safe, effective, evidence-based care.

Center for Pelvic Health

Pelvic Floor Disorders Program



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Center for Pelvic Health

The Center for Pelvic Health provides a comprehensive approach in the evaluation and treatment of pelvic floor disorders (PFD) for women. From diagnosis to treatment the team of experienced nurses and support staff understand the sensitivity of PFD. Treatment options are carefully explained so patients can understand and make the best decisions for their health.

Pelvic Floor Disorders

In women, the pelvic floor is made up of the muscles, ligaments, connective tissues and nerves that help support the bladder, urethra, uterus, vagina and rectum. Pelvic floor disorders occur when these tissues become damaged and can affect women of all ages. It is estimated that nearly 25% of women will experience a pelvic floor disorder during their lifetime.

Symptoms may include urinary or fecal incontinence, recurrent urinary tract infections (UTI), pelvic organ prolapse, overactive bladder, bowel dysfunction or pain or burning in the genital area. Genetic makeup, childbirth, aging, chronic disease, surgery or even repeated heavy lifting can contribute to PFD.

Conditions

Pelvic Organ Prolapse occurs when the uterus, bladder, or rectum descends into the vagina. You may feel pressure in the vagina, abdomen or lower back, or experience difficulty with urination or bowel movements. Some women may see or feel something falling out of the vagina.

Rectocele occurs when the rectovaginal septum (the area between the vagina and rectum) becomes weak.

Cystocele occurs when the tissue between the bladder and vagina becomes weak, allowing the bladder to fall into the vagina.

Stress Urinary Incontinence occurs when a woman laughs, sneezes, coughs or strains and unexpectedly loses urine.

Overactive Bladder occurs when a woman has difficulty holding her urine and feels the need to empty her bladder frequently during the day or at night.

Urethral Diverticulum a pocket or pouch that forms along the urethra and can fill with urine leading to infection, pelvic pain or UTI.

Treatment

Most pelvic floor disorders can be treated with non-surgical therapies that may include:

- Medication
- Pelvic floor muscle exercise
- Dietary modifications
- Biofeedback
- Electric stimulation

If surgical treatment is recommended, minimally invasive vaginal and laparoscopic approaches can be performed which result in patients experiencing minimal pain and faster recovery.

Do you suffer from any of these symptoms?

- Losing urine, stool or gas when laughing, coughing, sneezing, straining or with exercise
- Loss of urine, stool or gas during or after pregnancy
- Going to the bathroom to urinate more than eight times a day, or 2 or more times at night
- Frequent urinary tract infections
- Feel vaginal pressure or a vaginal bulge
- Pain in the lower abdomen, vaginal or rectal area
- Fear of leaving the home due to bladder or bowel problems

If you answers yes to one or more of these symptoms, the Center for Pelvic Health can help.



For more information or for an appointment, please call
(631) 376-3880