



**Keith Downing, MD,  
MS, MPA, FACOG, FPMRS**

Dr. Downing is board certified in Obstetrics/ Gynecology and Female Pelvic Medicine and Reconstructive Surgery. He received his Doctor of Medicine degree from the University of Rochester School of Medicine and Dentistry and completed a residency in Obstetrics and Gynecology at the renowned Brigham and Women’s Hospital and Massachusetts General Hospital combined residency program. He completed a fellowship in Female Pelvic Medicine and Reconstructive Surgery at Montefiore Medical Center-Albert Einstein College of Medicine, where he subsequently became faculty, rising to the rank of Associate Professor.

As a urogynecologist, Dr. Downing keeps his practice focused solely on the care and management of women with pelvic floor disorders. Treating everything from simple to complex conditions 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, comfortable demeanor, helps patients to feel at ease discussing these sensitive conditions.

## CENTER FOR PELVIC HEALTH

### Suffolk Location

661 Deer Park Avenue  
Babylon, NY 11702

### Nassau Location

2000 N. Village Avenue  
Suite 310  
Rockville Centre, NY 11570

**For more information or to  
schedule a consultation  
at either location  
please call**

**(631) 376-3880**

[www.chsli.org/womenshealth](http://www.chsli.org/womenshealth)



## CENTER FOR PELVIC HEALTH



**Pelvic Floor Disorders Program**



**Catholic  
Health Services**

*of Long Island*

At the heart of health

**(631) 376-3880**

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

## 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 Dr. Keith Downing and a team of experienced nurses and support staff understand the sensitivity of PFD and treat all patients with care and compassion. Treatment options are carefully explained in a way patients understand so they can 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 or weak. 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. PFD can affect women of all ages from the child bearing years to menopause and beyond. 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 often 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. And for some patients no hospital stay is needed.

## If you suffer from any of these symptoms there is help!

- 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

### DID YOU KNOW ?



*Half of all women are likely to experience some incontinence*