

Bladder Control

"You are not alone. More treatment options for bladder control are available now than ever before! Choice of treatment depends on the type of bladder control problem one has, and what fits into one's lifestyle. It can be as easy as making a diet and lifestyle change, retraining the bladder, or strengthening the pelvic floor muscles. Inability to control bladder function can be treated and controlled, if not cured."



Karen Hiller, RN, MSN, ANP

Karen Hiller, R.N., A.N.P., a nurse practitioner since 1997, joined the practice in 2000. She is dedicated to a sensitive, personalized, multi-faceted approach to the treatment of urinary incontinence. Karen has been recognized for her ability to educate patients through in-office training, lectures, and seminars regarding incontinence, voiding dysfunction, and quality of life issues.

A bladder control problem takes control of your life. Rather than pondering the nearest bike path, or the best route for your mountain hike, enjoying a walk on the beach or a golf outing—life seems to revolve around one thing, THE NEAREST BATHROOM! Sleep is interrupted, and travel becomes more difficult, if not impossible. It's not just a physical problem; it can wreak havoc on emotional and social lives as well. Activities are curtailed, and depression sets in.

Over 13 million people suffer with this condition, and they are just the ones we know about! Unfortunately, only 1 in 15 suffering from bladder control problems ever consults a doctor. Until recently, it has been a condition shrouded in secrecy, shame, and silence. It is not a normal part of aging!

As a nurse practitioner, my expertise lies in the area of incontinence and voiding dysfunction. Quality of life is an integral part of healthcare. Too many people are not getting help because of myths and misconceptions. There are effective solutions to control and resolve urinary incontinence through diagnosis and treatment. Teaching, information, and behavioral techniques are important, as well as using the proper products until success is achieved.

May I assist you in regaining your independence and active lifestyle?

For more information, or to make an appointment with Karen Hiller, please call 516.627.6188, Extension 149