

April 15, 2010

**Obstetrics and Gynecology Associates
4374 New Town Avenue,
Suite 204,
Williamsburg, Virginia 23188**

Dear Dr. Naved A. Jafri,

In mid - January of this year, I consulted with you regarding the possible effectiveness of my testing the Medtronic device known as Interstim Therapy. , which I have nicknamed a "Bladder Pacemaker." Three days later I opted for surgery.

Following the testing period, I was encouraged to have the Interstim therapy procedure for urinary control. I was hopeful of finding relief from the unpleasant symptoms of an over active bladder that I had experienced for many months. At the time we met, I was 100 % incontinent. Medications had failed to help me. I was getting up at night on an average of 8 times to change disposable underwear. In a 24 hour period, I would use an average of 18 "pull ups." I was turning down invitations and was reluctant to go anywhere new if I could not predetermine where the bathrooms were. Being physically handicapped on top of it all, made for a challenging lifestyle.

We quickly agreed to the surgery for Interstim therapy. Your staff and the staff at MIASC were phenomenal. I was treated with unparalleled care. Everything that could possibly be done to make this a positive and smooth surgery, was done. A nurse even moved a picture I liked on the pre - op wall of my room, so I could see it better. I was never alone, and all staff went out of their way to describe the procedures, treating me with respect and kindness.

In the weeks that followed, I was continually monitored by your staff, who were encouraging and helpful. Curiously, I never suffered any after effects or pain from the surgery. Quite the opposite, I felt better than I had in a long time! (Maybe it was the electrolytes I was given in the hospital.) I certainly had more energy.

It has now been almost four months since I began the Interstim therapy, I can say without question, my "bladder pacemaker" has made a difference in my life.

Following are some of the amazing results:

- 1. I get up to go to the bathroom an average of two to three times a night instead of the former eight times.**

2. Daytime hours I may have to urinate three to four times, and I have a warning time, so I rarely have accidents. I used to have to an average of 18 Incontinent accidents in a twenty - four hour period. What a difference!
3. I no longer experience any back pain of my lower back. (This had been a chronic problem)
4. I no longer am constipated. Many seniors take over- the - counter medication to deal with constipation problems – not me!
5. I have better posture overall.
6. And wonders of wonders, I have not had a bladder infection since I got into the Interstim therapy program. None. Zip. Typically, before this surgery, I had chronic bladder infections, sometimes severe enough to send me to the hospital. I was constantly on anti- biotic treatments for infections.
7. I am happier and feel better, and it is infectious with family and friends. I can keep up and participate more in activities with friends. I have energy to spare.

The only difficulty I still experience is on long trips that require my riding in a car for a long time. Upon exiting a car, I can have an incontinent rush of urine. I have been considering upping the juice in my bladder pacemaker for trips and then turning it back down.

I highly recommend women try this therapy for urinary control. It certainly beats being drugged or having accidents. It can return one to a more active life, too. Best of all, I no longer obsess over my urinary problems. I even forget most of the time that I have a device in my back!

This May I will be 75 years old. There is so much I want to do and see and I feel now I can do it

I thank you, Dr. Jafri, for your encouragement and for going the extra mile to help me enjoy a better quality of life. You and your staff are the BEST!

Thank you for remembering what it is like to walk in someone else's moccasins.



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