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### COMPETENCE CREATES TRUST.

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**KONTINENZZENTRUM**

NEUROUROLOGY | URINARY INCONTINENCE  
FEMALE UROLOGY | PEDIATRIC UROLOGY

**HIRSLANDEN**

KLINIK HIRSLANDEN



# KONTINENZZENTRUM HIRSLANDEN

WE ARE SPECIALISTS WHO TREAT WOMEN, MEN AND CHILDREN AFFECTED BY VOIDING DYSFUNCTION, BLADDER AND PELVIC FLOOR DYSFUNCTION AND ALL FORMS OF INCONTINENCE.



HIRSLANDEN  
A MEDICLINIC INTERNATIONAL COMPANY

# WELCOME

## DEAR PATIENTS,

Urinary incontinence or voiding dysfunction can affect anybody – young and old, women and men. Involuntary loss of urine deeply affects the quality of life.

Thanks to enormous progress, embracing discoveries and new technologies, effective treatment of bladder dysfunction and incontinence is possible today.

Complications can be avoided and quality of life can be reestablished.

At KontinenzZentrum Hirslanden, experienced specialists are treating women, men and children affected by bladder dysfunction and different types of urinary incontinence. Our longstanding experience makes it possible to evaluate problems, to treat each person individually, and to achieve successful treatments.

Talk with us about your problems – we'd love to help you find the solution!



# OUR VALUE AND PRINCIPLES



## For Our Patients

Our main desire is to consider the individual needs, hopes and abilities of our patients. We welcome the inclusion of family members in this process. Our service is guided by empathy and compassion. We treat our patients and partners in an authentic way, with respect and diligence. We make it a point to take the time to listen to our patients.

## Of Our Team

We provide medical service of the highest standards; highly-qualified specialists are here to treat our patients. We work in a collegial team, cooperating together and seeing our function as an interdisciplinary accomplishment. For us, collaboration with the family physician and other specialists is taken for granted. We are always working to improve efficiency, and to fulfill the needs of our patients and partners.

## Our Medical Activity

We work with modern, innovative diagnostic and therapeutic technologies and medical techniques, offering the full spectrum of noninvasive, minimally invasive and surgical approaches for the treatment of bladder dysfunction and urinary incontinence. Pointing to our strengths, a detailed evaluation is immediately followed by an efficient assessment and treatment of the disease. Our longstanding experience is the basis of the extensive and individual assessment of a variety of complaints and dysfunctions. Our broad experience forms the foundation of our recommendations for evidence-based, state-of-the-art treatments. Additionally, we complement our treatments with alternative medicine approaches.

# OUR SPECIALTIES



## Neurourology

- Urinary incontinence in men, women and children
- Dysfunction of urinary bladder and pelvic floor, in association with disease of the nervous system (multiple sclerosis, Parkinson's, dementia, spinal cord injury, stroke, brain injury, spina bifida, and diabetes mellitus)
- Voiding dysfunction after surgical intervention of the pelvis, overactive bladder, urinary retention chronic pelvic pain

## Female Urology

- Dysfunction of the bladder and pelvic floor muscles
- Urogenital prolapse

- Chronic pelvic pain syndrome (interstitial cystitis)
- Urinary tract infections

## Male urology

- Dysfunction of the bladder
- Preventive care of the prostate
- Chronic pelvic pain syndrome
- Urinary tract infections
- Adolescent urology

## Pediatric Urology

- Bedwetting
- Urinary tract infections in children
- Pediatric incontinence
- Voiding dysfunction in children

## Neurophysiology

- Neurophysiological evaluation of the reflexes of the pelvis
- Nerve conduction test of the pelvic and leg nerves
- Electromyography of the pelvic floor muscle activity
- Somato-sensory evoked potential

## Pelvic floor therapy

- Pelvic floor training for men, women and children
- Bio-feedback
- Pelvic floor stimulation

## Other therapies

- Hypnotherapy
- Body Mind Medicine

# OUR SERVICES TO YOU

An in-depth evaluation proves the cornerstone of the way you receive individual counsel and treatment from us. With the results, our experience and knowledge again come into play and we discuss with you your options of treatment – options that are compatible with your individual life situation. We offer several conservative options. In the event that surgery would be needed, we have the vast experience for the effective treatment of it and other complicated and unusual situations.

## SPECIAL EVALUATIONS

### Urodynamic study

Urodynamic evaluation and measurement of the pelvic floor muscle activity allows identification of the reason of urinary incontinence or voiding dysfunction.

Thanks to precise measurements and functional testing, it is possible to distinguish malfunctioning of the urinary storage from urinary voiding dysfunction and to identify the cause of incontinence.

### Ultrasound, radiology and endoscopy

Combining the urodynamic evaluation with imaging (ultrasound, radiology or endoscopy), it is possible to evaluate shape and position of the individual urinary tract organs. Besides traditional ultrasound of the urinary tract and transrectal doppler ultrasound of the prostate, we also offer perineal and introital ultrasound evaluation of the female pelvic organs. Modern digital radiology devices make it possible to evaluate the lower urinary tract in detail. The rigid and flexible endoscopes help with the investigation of the inside of the urinary tract.

### Neurophysiological evaluation

Voiding dysfunction and urinary incontinence could be signs of disease of the nervous system. In this case, neurophysiological measurements of the pelvic floor and the pelvic nerves are indicated. These include: measurement of pelvic reflexes, nerve-conduction testing of the pelvic and leg nerves, electromyography with needle-electrodes or somato-sensory evoked potential of the pudendal and/or tibial nerve.

# THERAPIES

## NON-INVASIVE THERAPIES

- Pelvic floor therapy in children and adults
- Bio-feedback in children and adults
- Functional stimulation of the pelvic floor muscles
- Functional stimulation of the tibial and of the pudendal nerves
- Elektro Motive Drug Administration in the treatment of interstitial cystitis
- Intravesical electrostimulation
- Video- and endoscopic-supported training of the urethral sphincter
- Alternative medicine approaches (hypnotherapy, Mind-Body medicine)
- Teaching the use of catheters and other tools

## SURGICAL TREATMENTS

- Injection of bulking agent into the urethra, to treat incontinence
- Injection of Botulinum toxin, to treat overactive bladder and urinary retention
- Urethral slings in women and men
- Interventions of pelvic floor reconstructions
- Endoscopic intervention, to treat the urethra, prostate and bladder
- Urethral sphincter prosthesis, to treat incontinence after prostate surgery (ProACT, ATOMS, AMS 800)
- Sacral neuromodulation with the Interstim system



# OUR TEAM



## **André Reitz, M.D.**

Specialist for Urology  
Assistant Professor of Neurourology  
Fellow of the European Board of Urology  
CEO KontinenzZentrum Hirslanden



## **Regula Doggweiler, M.D.**

Specialist for Urology, Professor of Neurourology



## **Uta Kliesch, M.D.**

Specialist for Neurology, Psychiatry and Psychotherapy  
External Consultant



## **Mirjam Huwyler, M.D.**

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Please visit our website for further information:

[www.kontinenzzentrum.ch](http://www.kontinenzzentrum.ch)

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