



# WOMEN'S PELVIC HEALTH & CONTINENCE CENTER

## Personalized Medical Care for Women's Pelvic Health Issues

Seated left to right:

Joleen Bishop, MSN/WHNP

Hilaire Wood Fisher, M.D., FACOG

Standing left to right:

Ginger N. Cathey, M.D., FACOG

Peter M. Lotze, M.D., FACOG

pause, and urinary tract infections.

The Women's Pelvic Health & Continence Center's team of fellowship-trained physicians – Dr. Lotze, Dr. Ginger Cathey, Dr. Hilaire Wood Fisher and Dr. Kimberly Miller–Miles – combine their unique and specialized skills to evaluate and treat urinary incontinence conditions as well as a variety of female pelvic health issues.

Patients at The Women's Pelvic Health & Continence Center enjoy a unique and comprehensive individualized approach from some of the most talented and respected physicians in their field affiliated with Houston's only hospital dedicated to women's health-care: The Woman's Hospital of Texas.

## Meet the Team Dedicated to Women's Pelvic Health

### MEDICAL CENTER LOCATION:

Dr. Ginger Cathey is a Urogynecologist and Pelvic Reconstructive Surgeon dedicated to the treatment of women with pelvic floor disorders such as incontinence and prolapse. Urinary incontinence, leakage of urine, is a very common condition affecting women. Dr. Cathey's practice also treats overactive bladder (urinary urgency and frequency), emptying disorders (difficulty urinating), and other bladder disorders. Prolapse simply means a bulging or pressure sensation in the vaginal area caused by displaced or falling female organs such as the bladder, uterus, vagina or rectum. Prolapse and incontinence frequently occur together. These are not a normal part of a woman's aging. Non-surgical and surgical treatment is

Incontinence is the women's health issue most often ignored or misdiagnosed, even though over 20 million women are affected by this condition. The Women's Pelvic Health & Continence Center is Houston's first Urogynecology & Pelvic Reconstructive Surgery Center dedicated to treating this, and other urogynecological conditions such as pelvic organ prolapse, painful bladder syndrome, urinary tract infections, and others.

"As the population continues to age and women choose to maintain their active lifestyles and independence throughout their lifetime, the need for quality gynecologic and urogynecologic care is more important than ever," says Dr. Peter Lotze, the first fellowship-trained Urogynecologist to establish a practice in Houston.

Most women view incontinence as something that is part of the aging process that may slowly get worse over time. The root cause of incontinence is a weakening of the pelvic floor and there are several factors that can contribute to this such as childbirth, meno-

Kimberly Miller-Miles, M.D., FACOG

available for patients with these uncomfortable symptoms. Dr. Cathey focuses on minimally invasive surgical techniques and currently participates in training gynecologists in both surgical and medical modalities which enhance the quality of women's lives.

Dr. Cathey is a native of Louisiana. Dr. Cathey and her husband Carlos reside with their daughters near the Medical Center. When out of the office, Dr. Cathey enjoys spending time with her family.

**Dr. Peter Lotze** is the director of the Fellowship Program in Urogynecology at the Women's Pelvic Health & Continence Center. He specializes in the evaluation and treatment of female pelvic health and urinary incontinence in the areas of prolapse (e.g. cystocele, rectocele, uterine/vaginal prolapse), complaints of urinary incontinence, irritative bladder symptoms (frequency, urgency), urinary retention, recurrent bladder infections, and painful bladder syndrome (also called Interstitial Cystitis). Treatment options that include both medical and surgical management are thoroughly reviewed with each patient. Emphasis is placed on the patient pursuing treatment options she feels are appropriate for her quality of life.

Dr. Lotze serves on several hospital boards at The Woman's Hospital of Texas. He is the Co-Chairman for the Texas Clinical Symposium on Female Pelvic Surgery – an annual five-state meeting designed to improve physician knowledge in the field of pelvic reconstructive surgery. He is Chairman of PURE-HOPE – a national patient support group for pelvic pain.

Dr. Lotze resides in Missouri City with his wife, Sasha, and two sons.

**Dr. Hilaire Wood Fisher** is a board certified Ob/Gyn and graduate of the University of Texas Health & Science Center-Houston. She is the senior fellow in the Fellowship Program at the Women's Pelvic Health & Continence Center. As senior fellow, Dr. Wood Fisher sees patients and is on the WPH&CC surgical team. Dr. Wood Fisher and her husband, Will, reside in the Houston area.

**Joleen Bishop** is a Nurse Practitioner currently working with Dr. Lotze in the specialized area of urogynecology and pelvic health. Joleen is an integral part of the team, contributing her skills for various types of follow-up visits with patients, performing cystoscopies (a way of visualizing the inside of the bladder), pre and post operative visits, and counseling patients regarding various issues of mid-life sexuality.

Joleen graduated from the University of Texas-Houston Health Science Center in 1994 with a Bachelor's Degree in Nursing. She



chose to work at The Woman's Hospital of Texas in labor and delivery. In 2001, Joleen completed her graduate work, obtaining a Master's in Nursing with a focus on women's health as a Nurse Practitioner.

## BAY AREA LOCATION:

**Dr. Kimberly Miller-Miles** is a board certified gynecologist and fellowship-trained Urogynecologist and Pelvic Reconstructive Surgeon. Through her training, she specializes in the evaluation and treatment of female pelvic health and urinary incontinence. Areas of interest include prolapse (e.g. cystocele, rectocele, uterine/vaginal prolapse), complaints of urinary incontinence, irritative bladder symptoms (frequency, urgency), urinary retention, recurrent bladder infections, and painful bladder syndrome (also called Interstitial Cystitis). Dr. Miller-Miles works with each patient to improve their quality of life and to meet their expectations based on the demands of their lifestyle and schedule.

Dr. Miller-Miles resides in Clear Lake with her husband and three children.



[www.texaspelvichealth.com](http://www.texaspelvichealth.com)

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