



QR code — Ivy Collaborative

# IVY COLLABORATIVE HEALTHCARE

We help people **Feel Good, Look Good & Function Well**

2100 Central Avenue, Suite 6 | Augusta, GA 30904 | (706) 364-3461

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

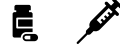


## IMPROVING QUALITY OF LIFE & CONFIDENCE

*Self-Help, Traditional Approaches & Ivy Collaborative Support*

### 1. What Bladder-Related Quality of Life Can Feel Like

Planning every outing around a bathroom. Skipping the hike, the class, the long car ride. Wearing a liner “just in case.” Feeling smaller in the room because a cough or a laugh might show. Bladder-control problems are physical—and they quietly shrink work, travel, exercise, intimacy, and mood. Pads cost money and attention. Avoidance costs confidence. This is not overreacting. Continence is a quality-of-life issue, and treating the pelvic floor is treating the life around it.



### 2. Self-Help Strategies

- Map bathrooms for new places—then work toward needing the map less
- Keep a simple leak and urge log for 3 days
- Use “the knack” before a cough, sneeze, or lift
- Limit late caffeine and alcohol if they worsen urgency
- Stay socially connected; isolation feeds anxiety
- Know the myth: “everyone leaks a little” is not a treatment plan
- See a clinician if leaks or bathroom planning limit work, travel, or joy
- Get prompt care for burning, blood in urine, or fever

### 3. Traditional Medicine Options

- Primary-care, urogynecology, or urology visit to name the type of leak
- Pelvic-floor physical therapy and bladder training
- Medications for overactive bladder when indicated
- Pessary or surgery for selected patients after shared decision-making
- Counseling when shame, anxiety, or avoidance have taken root
- Understand limits: pads manage the mess—they do not rebuild the floor
- Ask about non-surgical, FDA-cleared pelvic-floor strengthening

### 4. How Ivy Collaborative Can Help

- Emsella (BTL) — FDA-cleared HIFEM chair for urinary incontinence
- 28-minute, fully clothed sessions; about 11,200 pelvic-floor contractions
- Typical course: 6 visits over about 3 weeks; no downtime\*
- Goal is fewer leaks, less pad use, and more room to live\*
- Physician-directed plans with Dr. Jocelyn Bayliss, MD
- Complements—not replaces—pelvic PT, medical care, and support

### 5. Helpful Links

| Self-Help                                                                                                                                            | Traditional Medicine                                                                                                                                     | Ivy Collaborative                                                                                                                                                                                                                                                 |
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| <a href="http://niddk.nih.gov/bladder">niddk.nih.gov / bladder</a><br><a href="http://nafc.org">nafc.org</a><br><i>Logs • The knack • Connection</i> | <a href="http://urologyhealth.org">urologyhealth.org</a><br><a href="http://aug.org/patients">aug.org / patients</a><br><i>Evaluation • PT • Options</i> | <a href="http://ivycollaborative.com">ivycollaborative.com</a> — Emsella<br><a href="#">Schedule your Wellness Assessments</a><br><i>Emsella • Bladder control<br/>Physician-directed care with Dr. Jocelyn Bayliss, MD<br/>dual board-certified psychiatrist</i> |

### 6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461

*Complimentary Wellness Assessments available • Non-invasive care for continence and confidence*

*You do not have to build your week around a bathroom—support is available.*



\*Emsella (BTL) is FDA-cleared for urinary incontinence. Strengthening the pelvic floor may improve related comfort, tone, and confidence; it is not a stand-alone treatment for pelvic organ prolapse or a surgical substitute. Typical course is six 28-minute, fully clothed sessions over about 3 weeks and may be individualized; maintenance every 6–12 months is often discussed. Individual results vary. Pacemakers, defibrillators, metal in the pelvis/hips, pregnancy, and certain implanted electronic devices are common contraindications—eligibility is determined after physician screening. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.