



**Weill Cornell Medicine**

**Urogynecology and Pelvic  
Reconstructive Surgery**



## **Post-partum Bladder and Pelvic Floor Health**

**The most advanced and  
individualized therapy for treatment  
of pelvic floor disorders**

<https://obgyn.weillcornell.org/>

**NewYork-  
Presbyterian**



Our Specialists Provide a Comprehensive Pelvic Floor Program that Addresses the Full Range of Postpartum Pelvic Floor Dysfunction.

## **Pelvic Conditions We Treat:**

### **Vulvar and Vaginal Conditions**

- Vaginal Pain After Laceration
- Prolonged Healing or Breakdown of Perineal Laceration
- Genitourinary or Rectovaginal Fistula
- Vaginal Bulge or Pressure Sensation
- Vaginal Prolapse (Cystocele, Rectocele, or Enterocele)
- Pelvic Muscle Weakness

### **Bladder Symptoms**

- Leakage While Coughing, Sneezing, or Activity
- Leakage of Urine With A Strong Urgency
- Urinary Frequency or Urgency
- Incomplete Bladder Emptying
- Recurrent Urinary Tract Infections

### **Bowel Conditions**

- Accidental Bowel Leakage
- Incomplete Bowel Movements or Straining
- Constipation

### **Other Conditions**

- Vaginal Cysts
- Urethral Diverticulum
- Painful Bladder Conditions / Interstitial Cystitis
- Sexual Dysfunction

We offer state-of-the-art diagnostic services to identify optimal treatments. As a large number of women are affected by more than one pelvic floor disorder, our team of physicians also works jointly with other specialists to provide comprehensive treatment plans.

Unintended outcome of pregnancy and childbirth may be a change in bladder function as well as the anatomy of the vagina and surrounding organs. Some women may experience symptoms such as urinary incontinence and vaginal prolapse, causing undue stress and affect new mothers' quality of life.

## **We Can Help.**

While many of these symptoms may improve with rehabilitation of the pelvic floor, a significant number of women sustain much trauma and long lasting bothersome symptoms. Our trained urogynecologists at the Weill Cornell Medicine Department of Obstetrics and Gynecology are exceptionally trained to help women manage through these bothersome symptoms and allow them to enjoy their new found joy in motherhood.

### **What is a Urogynecologist?**

Urogynecologists are subspecialty trained physicians that treat pelvic floor disorders. These doctors complete an extensive fellowship training after obstetrics and gynecology residency to be board-certified in Female Pelvic Medicine and Reconstructive Surgery.

Our all-female practitioners, are dual-board certified in Obstetrics and Gynecology and Female Pelvic Medicine and Reconstructive Surgery, and hold dual appointments in the Department of Obstetrics and Gynecology and Urology at Weill Cornell Medicine and NewYork-Presbyterian. They dedicate their entire clinical focus on treating women with pelvic floor disorders.

As members of the top-ranked Obstetrics and Gynecology department at Weill Cornell Medicine, our urogynecologists work with a broad team of expert clinicians to treat such complex disorders.

## **Diagnostic Urogynecologic Services**

**After a thorough exam, our Urogynecologists will, when indicated, platform diagnostic tests such pelvic floor muscle strength, full urinary and bowel continence assessment urodynamic (bladder function assessment) and cystoscopy (using a small camera to inspect the inside of the bladder) testing.**

## **Treatment Options**

### **Non-Surgical**

- Pelvic floor muscle training and strengthening exercises (see attached instructions)
- Pelvic floor support devices (pessaries)
- Medical Therapy for Incontinence
- Behavioral Therapy
- Percutaneous Posterior Tibial Nerve Stimulation
- Office procedures for incontinence

### **Surgical**

Our physicians focus on minimally invasive surgical approaches that allow shorter hospital stays, smaller incision, faster recovery and less post-operative pain via robotic/laparoscopic and vaginal approaches.

- Robotic-assisted Pelvic Reconstructive Surgery
- Laparoscopic Hysterectomy
- Vaginal Reconstructive Surgery
- Surgery for Urinary Incontinence
- Urethral Bulking
- Vaginal Cyst Excision
- Sacral Neuromodulation
- Fistula Repair
- Anal Sphincteroplasty

The specialized physicians in the Urogynecology program at Weill Cornell Medicine Obstetrics and Gynecology are dedicated to these important health care problems. We provide a thorough evaluation, including state-of-the-art, onsite testing and minimally invasive treatment options.

## Our Physicians

### **Tirsit Asfaw, MD, FACOG**

Associate Professor, Obstetrics and Gynecology  
Director, Female Pelvic Medicine  
and Reconstructive Surgery

### **Saya Segal, MD, MSCE, FACOG**

Assistant Professor, Obstetrics and Gynecology



**Dr. Tirsit Asfaw**



**Dr. Saya Segal**

# Please call us to schedule an appointment

Dr. Tirsit Asfaw | 212-746-3376

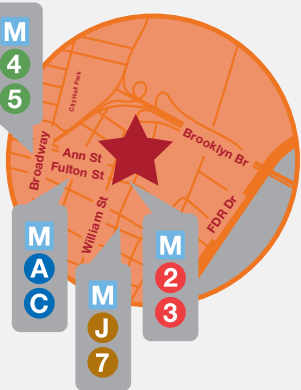
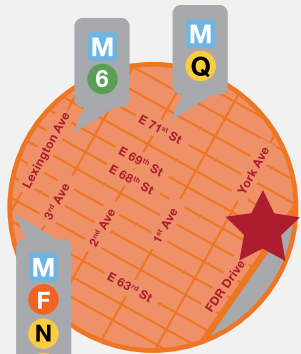
Dr. Saya Segal | 212-746-3009

## Two Convenient Locations

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Suite J-130  
New York, NY 10065

156 William Street  
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For more information,  
visit us at [cornellobgyn.org](http://cornellobgyn.org)



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