

Shady Grove's New Biophysiology Center Offers Specialized Treatment for Embarrassing, Yet Common Disorders



Joshua Katz, MD FACS, FASCRS, is the Medical Director of the Biophysiology Center at Shady Grove Adventist Hospital

Constipation and incontinence: two words that evoke awkwardness and embarrassment. Yet, these problems are remarkably common- just enter any pharmacy and look at the massive number of medications that address bowel problems. Often, unwillingness to discuss these problems, which can impact a patient's quality of life, with a physician leads patients to suffer silently and unnecessarily.

Normal bowel function is actually a complex interaction of diet, activity, lifestyle, anatomy and physiology, as well as nerve and muscle function.

Constipation and incontinence occur when one or more of these factors are compromised. For example, eating the wrong foods at the wrong time can cause either diarrhea or constipation. Insufficient exercise and sedentary lifestyle along with lack of fiber and water consumption can lead to constipation. The all too infamous syndrome of traveler's diarrhea results from drinking contaminated water or eating improperly prepared food. In women, normal childbirth and menopause can result in weakened pelvic floor muscles, loss of sensation, and loss of control. Prior anorectal and pelvic surgery can damage muscle and nerves. Multiple sclerosis, diabetes and Parkinson's disease can affect the intestines, nerves and muscles. Radiation and trauma can have both immediate and delayed effects. A change in diet, habits or medication can also alter bowel function.

At Shady Grove Adventist Hospital, the Biophysiology Center is now offering comprehensive diagnostic testing and treatment of functional bowel disorders. Under the direction of Dr. Joshua Katz, MD, Medical Director of the Center, consultation and diagnostic testing can provide insight into

the causes of bowel dysfunction and help direct both medical and surgical treatments. Many patients can be managed medically or with physical therapy. Surgical treatment may also be necessary, but generally after all medical options have been tried.

Services offered include:

- ❖ Office Consultation (History and Physical Examination)
- ❖ Anorectal Manometry and Sensation Testing
- ❖ Anal Electromyography
- ❖ Pudendal Nerve Terminal Motor Latency Studies
- ❖ Cinedefecography
- ❖ Pelvic MRI
- ❖ Gastric Emptying Study
- ❖ Colonic Transit Study

Treatment for bowel disorders may include:

- ❖ Diet and bowel management
- ❖ Pelvic floor retraining
- ❖ Specific surgical repair of pelvic floor defects
- ❖ Total abdominal colectomy for colonic inertia
- ❖ Colostomy and ileostomy

One of the more challenging aspects of treating functional bowel disease is to determine the severity of symptoms and their frequency. Questionnaires now exist for both constipation and incontinence that help patients and doctors quantify symptoms objectively. Two questionnaires are now available on the Shady Grove physician portal at www.shadygrovedocs.com. Enter the Username **medical** and the Password **med20000**.

For further information or to schedule a consultation, please contact Joshua Katz, MD FACS, FASCRS, Medical Director, The Biophysiology Center at Shady Grove Hospital, at 240-403-0415, or jakatz@mcrsllc.com.

Please also visit the following Web sites: www.mcrsllc.com, www.fascrs.org, www.iffgd.org, www.nafc.org for more information.
