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Garden State Urology named a Center of Excellence by NAFC

Urology group recognized for exemplary care, dedication to patients

WHIPPANY, NJ – JUNE 2018 – Garden State Urology, part of Atlantic Medical Group, was recently designated a Center of Excellence by the National Association for Continence.

Garden State Urology is a cooperative urology group that provides residents in northwestern New Jersey with a modern, integrated, comprehensive health care experience for all urologic issues. It is the first full-service community-based urology practice to receive the NAFC's Center of Excellence designation.

Formed in 2008, Garden State Urology includes 14 locations, with a team of about 150 employees, including 23 board-certified physicians. GSU is part of Atlantic Medical Group, which is Atlantic Health System's multispecialty physician network that provides high-quality, comprehensive medical care throughout northern and central New Jersey and northeast Pennsylvania.

The Center of Excellence designation was largely driven by the achievements in treating overactive bladder, male and female incontinence and pelvic prolapse (dropped bladder) by David Chaikin, M.D., and Michael Ingber, M.D., who are both board certified in Urology and Female Pelvic Medicine and Reconstructive Surgery (Urogynecology).

The physicians use a multidisciplinary approach to understanding and treating female and male continence issues. This includes:

- The latest surgical techniques such as Botox injections or neurostimulation for overactive bladder
- Minimally-invasive vaginal surgery for pelvic organ prolapse
- Robotic surgery using the da Vinci surgical system
- Minimally-invasive procedures such as sling surgery for stress incontinence
- Non-surgical approaches such as in-office pelvic muscle rehabilitation

- Vaginal rejuvenation to prevent urinary tract infections and painful intercourse in women, using the Mona Lisa Touch laser system or Votiva radiofrequency system.

The practice is also one of the few in the region that use video urodynamic testing, a process in which the bladder is filled to reproduce symptoms that are then captured by x-ray. This procedure helps physicians to make more accurate diagnoses, leading to better outcomes.

GSU also offers a personal nurse navigator for patients who are suffering with overactive bladder symptoms, at no additional cost. The nurse navigator connects with patients regularly to help them understand their diagnosis, coordinate communication with their physician, and facilitate treatments, including appointments and diagnostic testing.

“Our patients’ needs are at the center of everything we do, from the most advanced tools and treatments to addressing their concerns and getting them back to normal function” said Dr. Chaikin, vice president of Garden State Urology. *“The Center of Excellence designation will help highlight our commitment to those in our communities seeking high-quality urologic services.”*

NAFC's Centers of Excellence (COE) program was established to recognize centers and facilities that excel in providing bladder and bowel health care to patients, and to assist consumers dealing with pelvic floor dysfunction and incontinence issues in searching for an expert. The COE designation is based on evidence of training, clinical experience, resources, and patient satisfaction statistics that meet established standards. These rigorous standards ensure that each center that is designated a COE is truly exceptional at providing care for patients with pelvic floor dysfunction and incontinence.

“Garden State Urology’s commitment to the highest standards of care is evident in the patient-centric philosophy and impressive clinical outcomes of their team of board-certified physicians, many of whom have been named by Castle-Connolly as Top Doctors and recognized regionally by U.S. News & World Report as Best in urology,” said Steven G. Gregg, Ph.D., executive director for the National Association for Continence. *“It is a great honor to recognize an organization like Garden State Urology, which relentlessly seeks to improve the quality of care to provide an excellent experience for their patients.”*

About NAFC

National Association for Continence is a national, private, non-profit 501(c)(3) organization dedicated to improving the quality of life of people with incontinence, voiding dysfunction and related pelvic floor disorders. NAFC's purpose is to be the leading source for public education and advocacy about the causes, prevention, diagnosis, treatments and management alternatives for incontinence. More information is available online at www.NAFC.org.

About Atlantic Health System

Atlantic Health System, headquartered in Morristown, N.J., is an integrated health care delivery system powered by a workforce of over 16,000 team members and 4,796 affiliated physicians dedicated to building healthier

communities. The system is comprised of over 400 sites of care, including six hospitals: Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center and Goryeb Children's Hospital.

It also includes Atlantic Alliance, a Clinically Integrated Network representing 2,500 health care providers throughout northern and central NJ. This network includes more than 900 physicians and providers within the Atlantic Medical Group, as well as members of the Atlantic Accountable Care Organization and Optimus Healthcare Partners which work to enhance patient care delivery.

Atlantic Health System also supports communities through Atlantic Rehabilitation and Atlantic Home Care and Hospice. Facilitating the connection between these services on both land and air is the transportation fleet of Atlantic Mobile Health. Atlantic Health System is a founding member of AllSpire Health Partners, a consortium of five leading health care organizations from the New Jersey, New York, Maryland and Pennsylvania region.

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