



LEADING MEDICINE: A TOWN HALL CONVERSATION WITH DR. MARC BOOM

Town Hall Conversation XXV



Department of Obstetrics and Gynecology Update and Latest Advances in Pelvic Health

Danielle Antosh, MD, Interim Chairwoman

May 26, 2022

The Obstetrics and Gynecology Department of Houston Methodist Hospital will be a premier Women's Health Center that delivers comprehensive, outstanding healthcare for women.

Offering a compassionate approach to wellness and illness, we will provide women's health services through multi-disciplinary collaboration within world-class facilities and an academic environment of research and learning.



Department Leadership

- **Danielle Antosh, MD**

Interim Chairwoman

Division Director, Urogyn



- **Meredith Morgan, MD**

Elected Deputy Chair

Maternal Medical Director



- **Patricia Bellows, MD**

Division Director, OBGyn



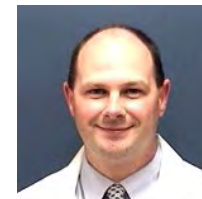
- **Aparna Kamat, MD**

Division Director, GynOnc



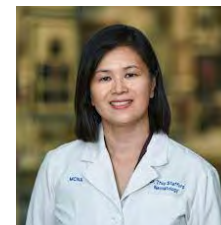
- **Konrad Harms, MD**

OBGyn Residency Director



- **Thuy-Van Stafford, MD**

Neonatal Director



Growth

Elise Rogers, MD
Obstetrics/Gynecology



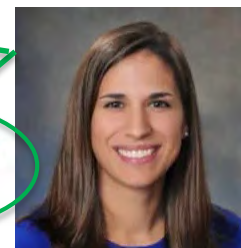
Behrouz Zand, MD
Gyn Oncology



Erin Manning, MD
Gynecology
Menopause



Emily Rutledge, MD
Urogynecology



Rachel High, DO
Urogynecology



- Obstetrics
- Benign Gynecology
 - Minimally invasive gynecology
 - Fibroids
 - Endometriosis
 - Reproductive Robotic Surgery Program
 - Urogynecology
 - Menopause Medicine
- Gynecologic Oncology
 - uterine/ovarian/cervical cancers

Residency and Fellowship Programs

- OB/GYN Residency
 - Four-year program
 - 5 residents per year
 - >600 applicants per year
- 1st ACGME Female Pelvic Medicine and Reconstructive Surgery Fellowship in Houston
 - First Fellow started July 1, 2017
 - Three-year program
 - 1 fellow per year

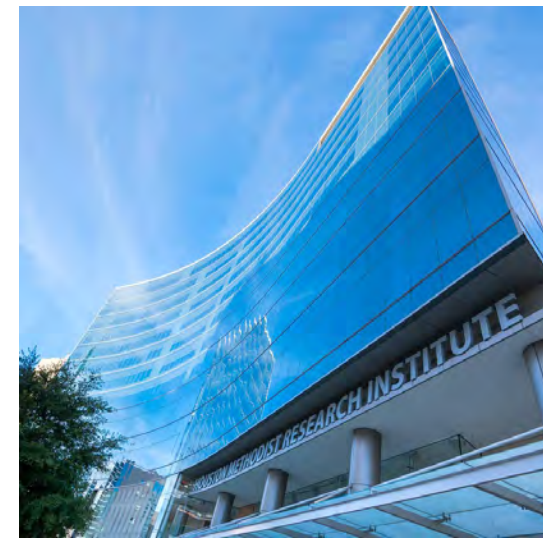


OB/GYN Department Community Outreach

- **Legacy Health Care System**
 - Outpatient/Inpatient Obstetrical Care
- **Denver Harbor Clinic (Vecino Health Clinic)**
 - Dysplasia Clinic
 - Outpatient/Inpatient obstetrical care
- **San Jose Clinic**
 - Outpatient Gynecologic Care (twice weekly)
- **Spring Branch Clinic**
 - Outpatient/Inpatient Obstetrical Care
- **El Centro de Corazon (HMH Community Scholars Program)**
 - Outpatient Urogynecology care with FPMRS fellows

OB/GYN Research

- **Nano-immunotherapy targeting macrophages to arrest liver metastasis in ovarian cancer** – Dr. Kamat with HMRI and Texas A&M scientists received \$100,00 grant from Cancer Center Innovation Grant
- Gynecologic Oncology Group (GOG) Clinical Trials – Dr. Kamat/Suri/Zaid/Alaniz
 - Funded by the National Cancer Institute (NCI)
 - Cervical Cancer (2)
 - Endometrial Cancer (3)
 - Ovarian Cancer (4)



- HealthCare Disparities Research
 - National Database Study
 - 3 abstract presentations at national meetings
- Sexual Function after Prolapse Surgery
- REVIVE Study (vaginal estrogen use in women with breast cancer)
 - Collaboration with Breast Oncologist Dr. Niravath
- Vaginal and Urinary Microbiome
- Childbirth trauma and risk of PFDs
- Botox administration into the bladder for overactive bladder
- Communication Research for Women's Perceptions of PFDs
 - Collaboration with U of H Dept of Communications

- Attitudes toward Group Prenatal Care
- Obesity in Pregnancy
- Development of a Postpartum App (in partnership with EnMed students)

Innovation

- DaVinci Xi Robot
 - ❖ 9 HMM medical center
- vNOTES
 - ❖ System to allow laparoscopic surgery through the vagina
- Mona Lisa Touch® CO2 Laser
 - ❖ Vaginal dryness in menopause
 - ❖ Lichen Sclerosus



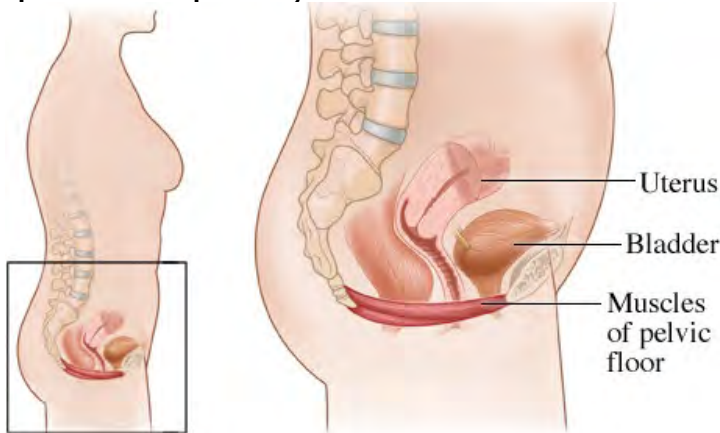
Pelvic Health

What are Pelvic Floor Disorders (PFDs)?

What is a PFD?

Pelvic Floor Disorders (PFDs):

- Weakening of the pelvic floor muscles or tears in the connective tissue
- Results in loss of support to the pelvic organs, difficulty with bladder and bowel control
- Important quality of life issue



PFDs

1. URINARY INCONTINENCE
2. VAGINAL PROLAPSE
3. ACCIDENTAL BOWEL LEAKAGE

PFDs are common

- 25% of women have at least 1 PFD
- Women in U.S. with at least 1 PFD will increase from ***28.1 million*** in 2010 to ***43.8 million*** in 2050



**1 in 5 women
require surgery**

Am I at risk?

- Vaginal childbirth and pregnancy
- Older age
- Obesity
- Chronic constipation
- Previous hysterectomy
- Genetics

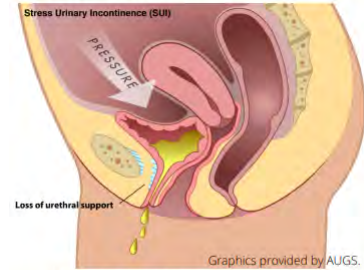


Urinary Incontinence

- Accidental loss of urine
- Most common of the PFDs
- Types of Urinary Incontinence
 - STRESS
 - URGE
 - MIXED
- Distressing and impacts quality of life

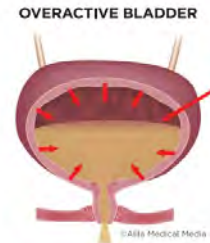
STRESS INCONTINENCE

WEAK & UNDER PRESSURE



Your pelvic support is weak, so when pressure is put on the bladder, pee leaks out.

URGE INCONTINENCE (Overactive Bladder)

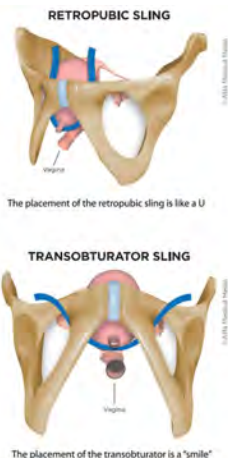


- Behavioral Modifications
 - ↓ Caffeine
 - Timed Voiding
 - Bladder Retraining
- Pelvic Floor Exercises – Pelvic Floor Physical Therapy
- Medications
- Office Procedures
- Surgery

Surgery for Incontinence

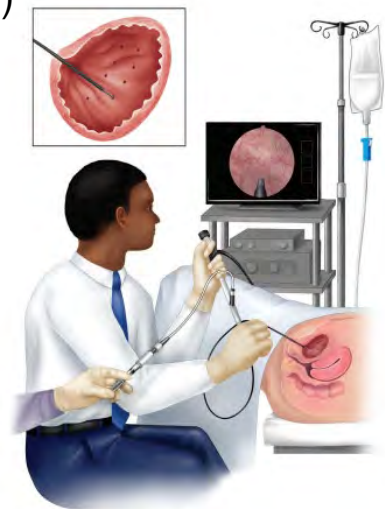
STRESS INCONTINENCE

- Midurethral Sling
- Non-mesh Fascia Sling
- Robotic (Burch) bladder neck suspension
- Urethral Bulking Injection (In Office)



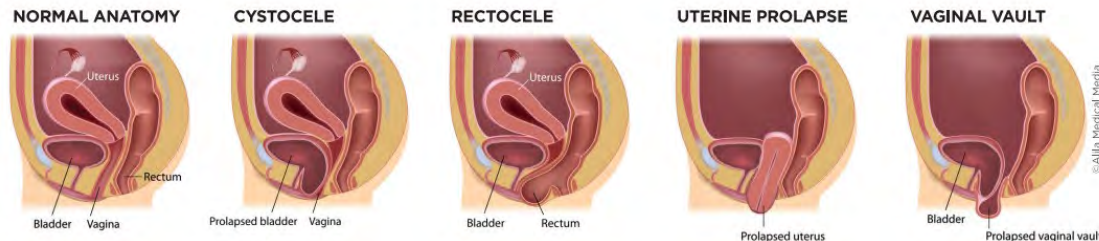
URGENCY INCONTINENCE

- Bladder Botox
- Nerve stimulation in ankle
- Nerve stimulation to sacral nerve in back



Treatment of Prolapse

- Pelvic Floor Physical Therapy
- Pessary
- Surgery
 - Vaginal, Laparoscopic, Robotic
 - Outpatient or 1 night stay
 - Native Tissue Repairs or Lightweight mesh/grafts



Pelvic Floor Exercises

- Lift and squeeze pelvic floor muscles
 - Contract 3 seconds, relax 3 seconds
 - 10 contractions, 4 times daily
- Same muscles you contract when stopping urine flow, or to prevent from passing gas
- Try not to flex muscles in legs, buttock, or stomach



A BUSY MOM'S GUIDE TO DOING KEGELS

Helpful tips for stopping leaking and pelvic floor strengthening.

BECAUSE PELVIC MUSCLES ARE HIDDEN FROM VIEW, IT IS DIFFICULT TO KNOW IF YOU ARE DOING THEM CORRECTLY.



WHAT ARE KEGELS?

Childbirth weakens the pelvic floor, which leads to accidental peeing and muscle failure. Kegels work out those pelvic floor muscles.

FINDING THE RIGHT MUSCLES

- Use a hand mirror to look at your vaginal opening and the perineum (the part between the vagina and rectum). You should see the perineum lift up when you contract your pelvic muscles, and your anus should pucker.
- While lying or sitting, place one finger inside your vagina. Squeeze as if you were trying to stop from passing gas. You should feel your finger lifted and squeezed if you are correctly contracting your pelvic muscles.
- Remember not to tighten your back muscles or squeeze your legs together. Your body should be still, and no one should be able to tell you are doing kegels.
- Do not hold your breath while exercising.
- Ask your doctor at your next checkup if your squeeze is working the right muscles.

KEGEL ANYWHERE, ANYTIME

Kegels can be done whenever is most convenient. You can set alarms on your phone to remind you, or have a set "kegel time," like when you get in your car, sit down at work, or take a shower.



Center for Restorative Pelvic Medicine (CRPM)

Specialties and Diagnoses

Our doctors and therapists work together to achieve a common goal:
Restoring pelvic organ health and quality of life for women and men.

SPECIALTIES

- Urogynecologists = FPMRS specialists (Obgyn or Urology)
- Urologists
- Gynecologists
- Colorectal Surgeons
- Reconstructive Plastic Surgeons
- Pelvic Floor physical therapists
- Sex Therapist

DIAGNOSES

- Urinary Incontinence
- Pelvic Organ Prolapse
- Fecal urgency/incontinence
- Neurogenic bladder
- Congenital GU anomalies
- Voiding dysfunction
- Post-prostatectomy incontinence
- Sexual Dysfunction

Center for Restorative Pelvic Medicine



Houston Methodist's Center for Restorative Pelvic Medicine (CRPM) is led by women who are among the nation's leading experts in diagnosing and treating complex pelvic floor disorders. Our urogynecologists, gynecologists and colorectal surgeons provide the most advanced care available, including minimally invasive robotic and laparoscopic surgery, as well as highly

Current CRPM Sites

1. Houston Methodist Hospital, Medical Center

CRPM site director: Danielle Antosh, MD (FPMRS, ObGyn)

CRPM Research Director: Rose Khavari, MD (FPMRS, Urology)

2. Houston Methodist West

CRPM site director: Christina Pramudji, MD (FPMRS, Urology)

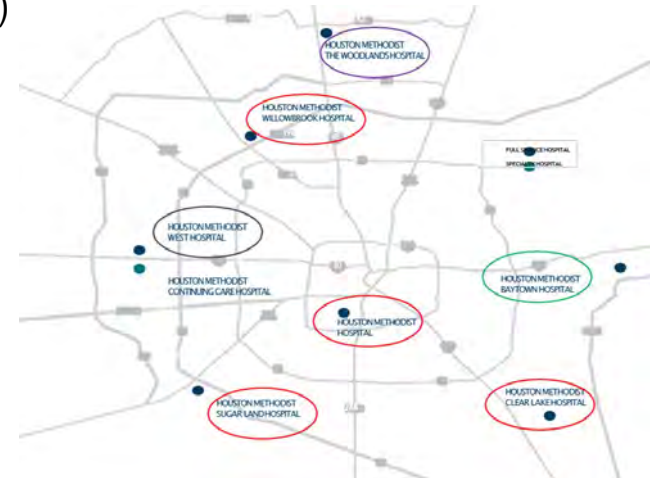
3. Houston Methodist Willowbrook

CRPM site director: Fiona Lindo, MD (FPMRS, ObGyn)

4. Houston Methodist Sugar Land

CRPM site director: Laura Martinez, MD (FPMRS, Urology)

5. Houston Methodist Clear Lake



Houston Methodist Update

Marc L. Boom, MD
May 26, 2022

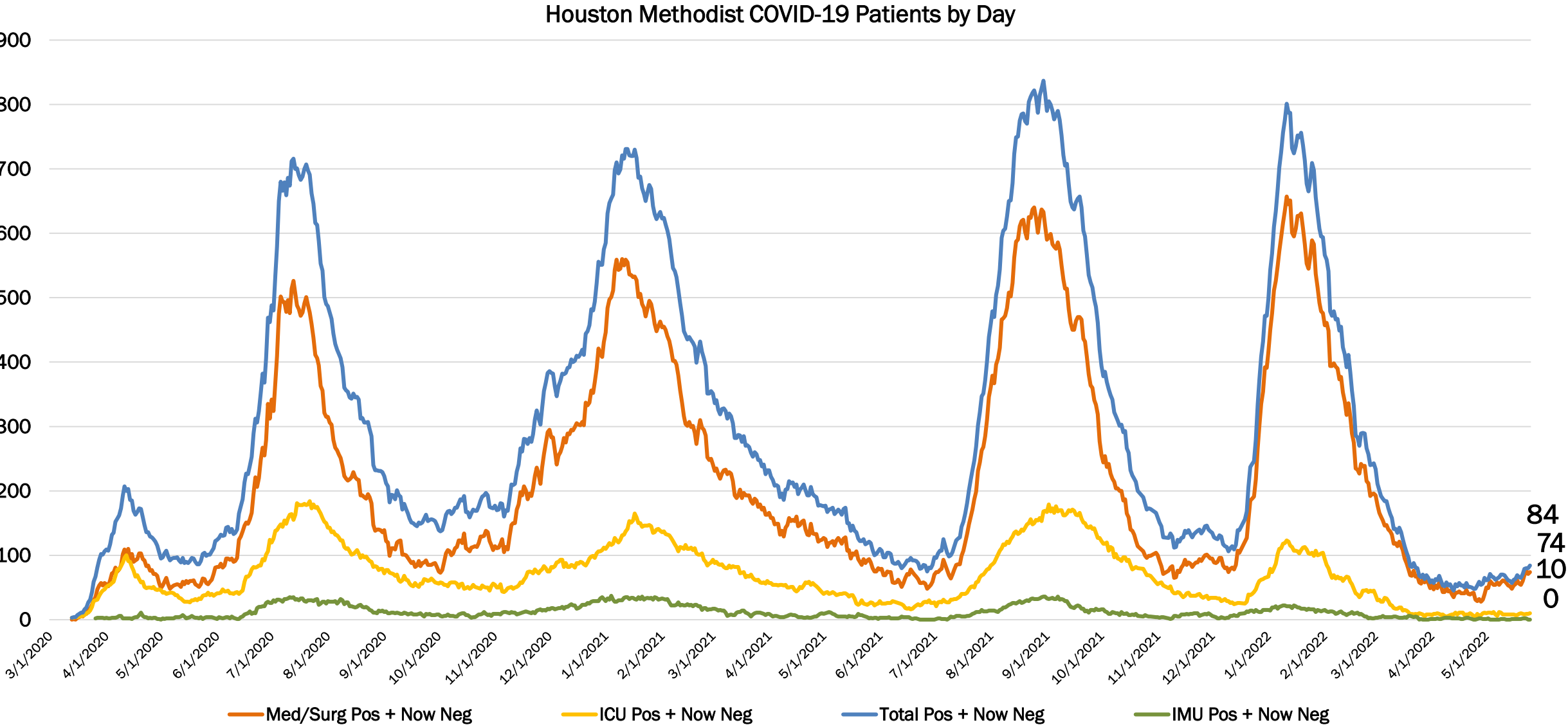


Portraits of Perseverance Luncheon

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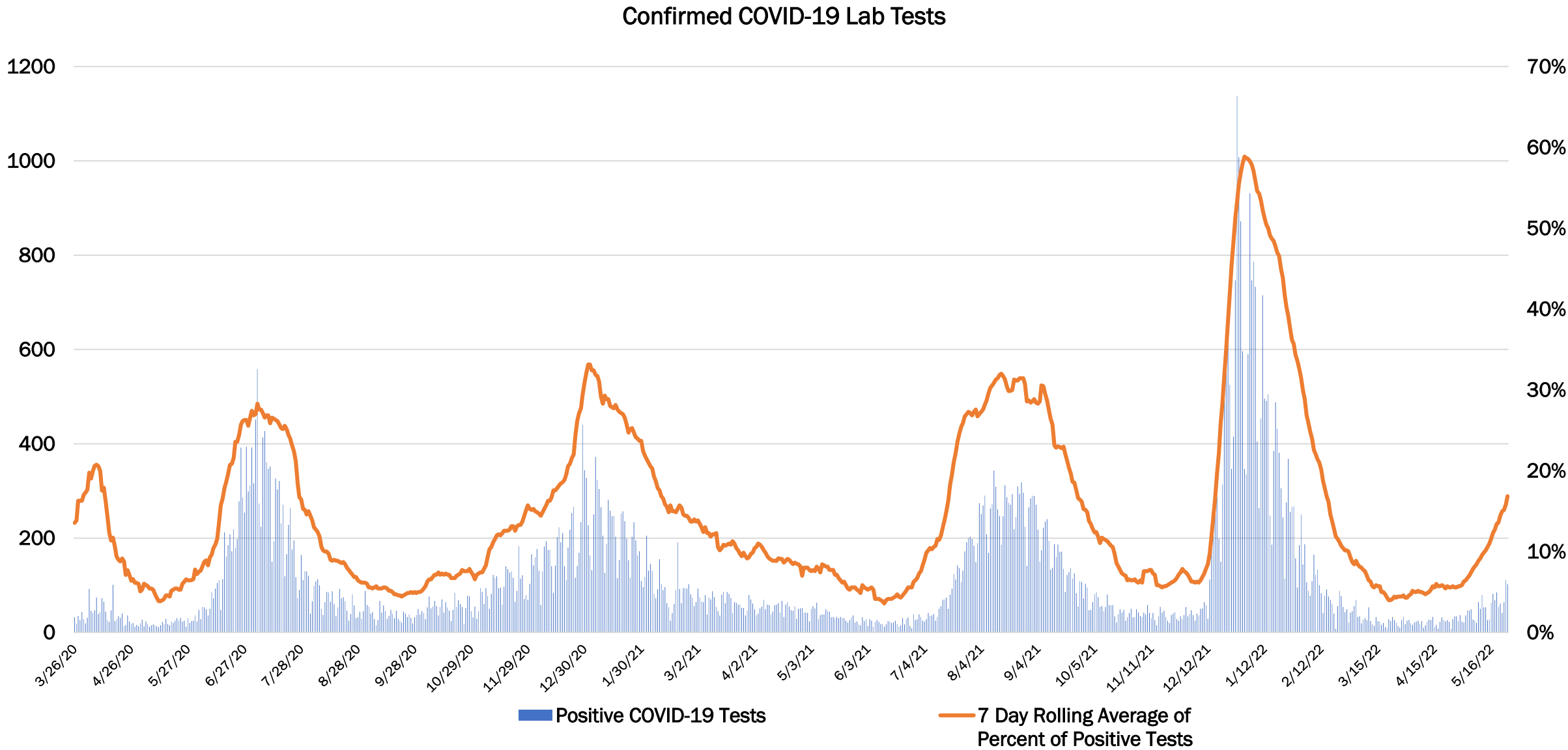


Houston Methodist COVID-19 Cases By Day



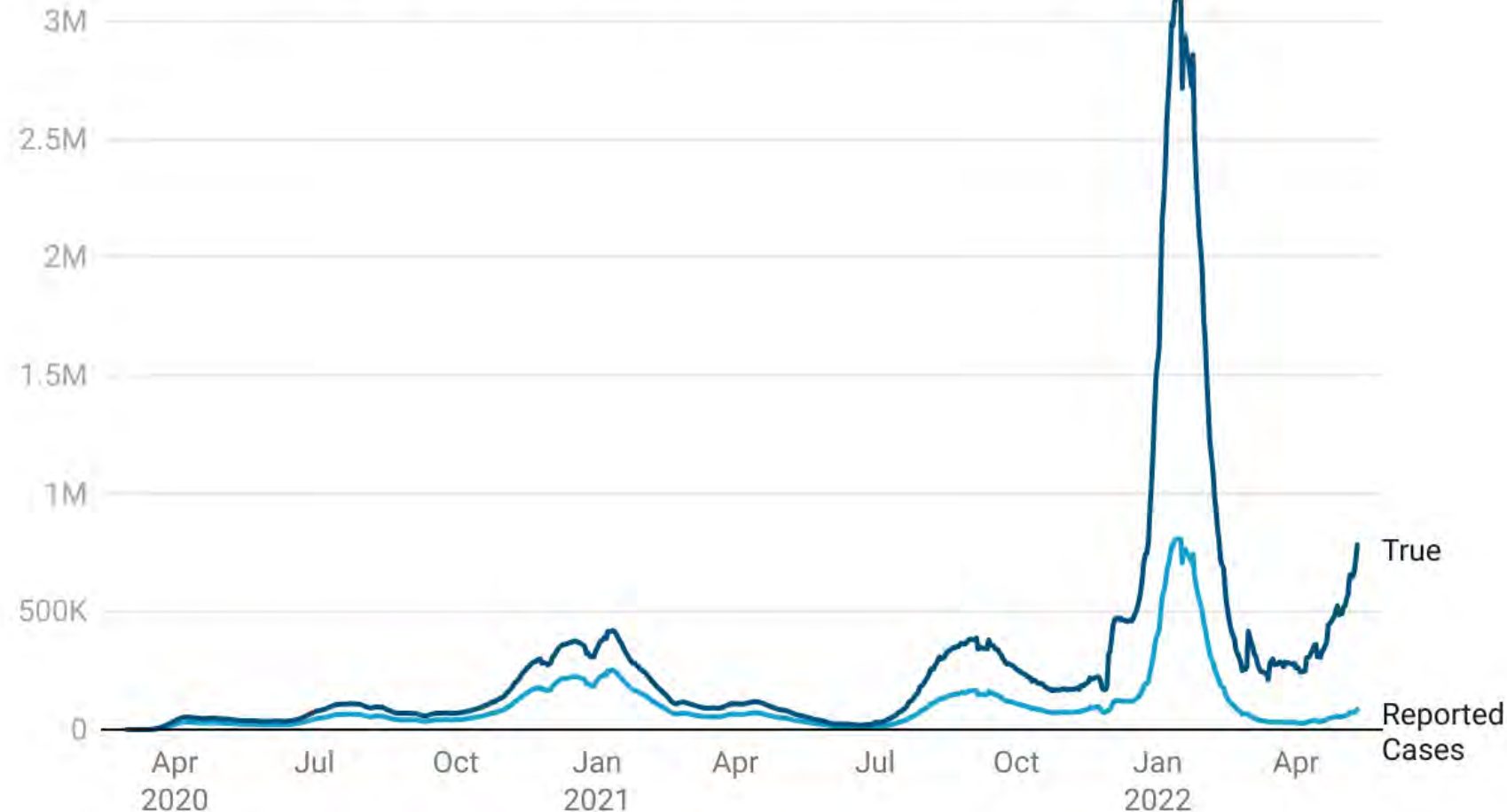
Data as of May 25, 2022

Houston Methodist Testing Trend



COVID-19 Cases Likely Unreported Due to Reduced Testing and Home Tests

COVID-19 Daily Cases in U.S.: True vs. Reported



COVID-19 Viral Load Detected in City of Houston Wastewater

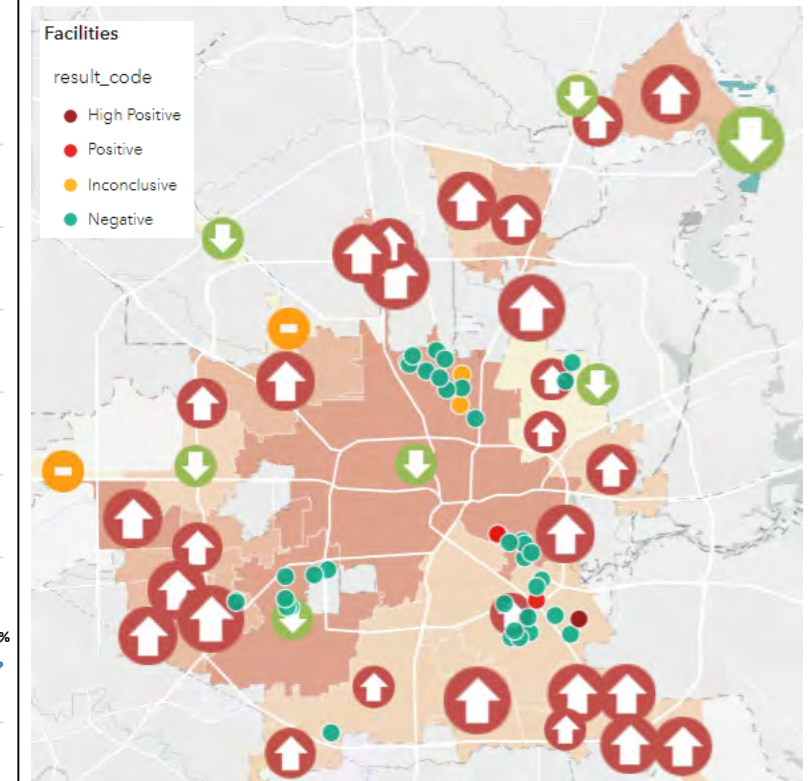
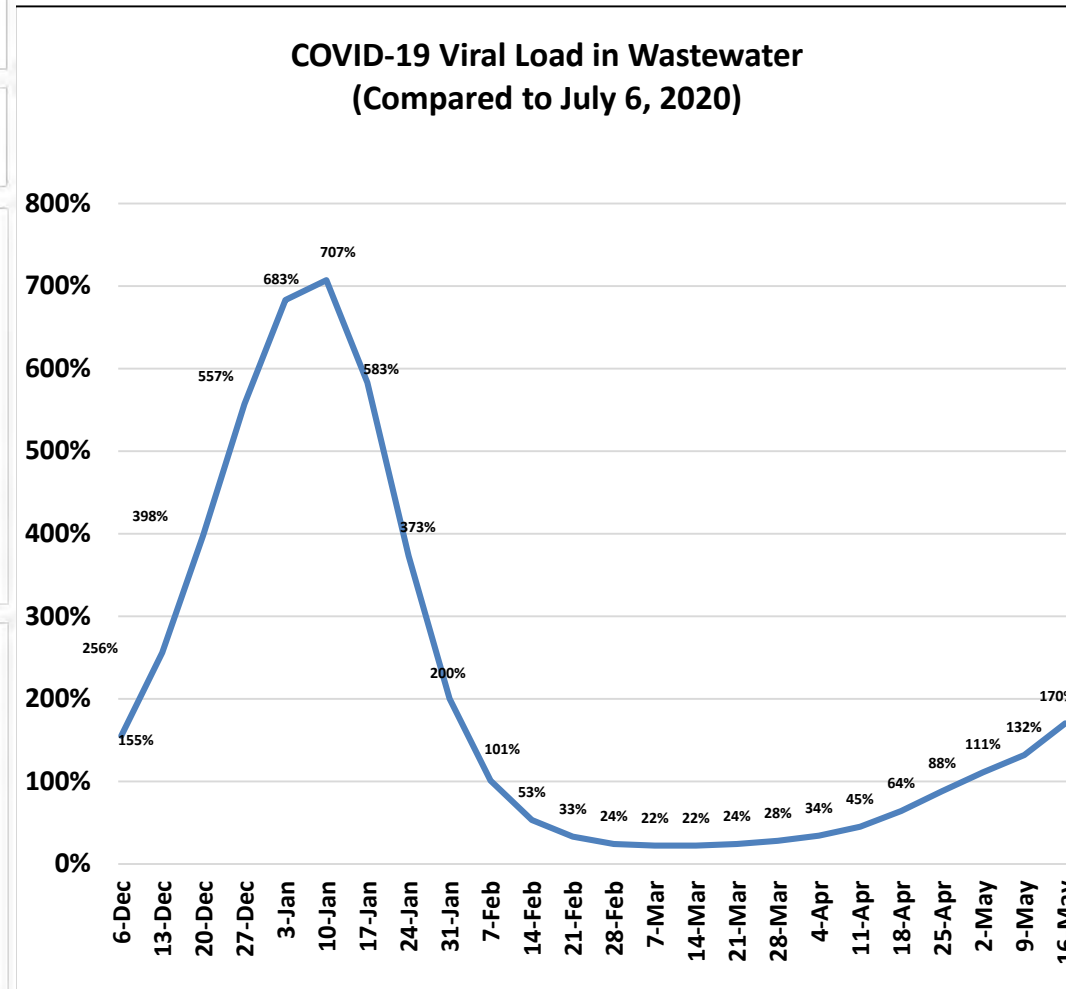
HOUSTON

May 16, 2022

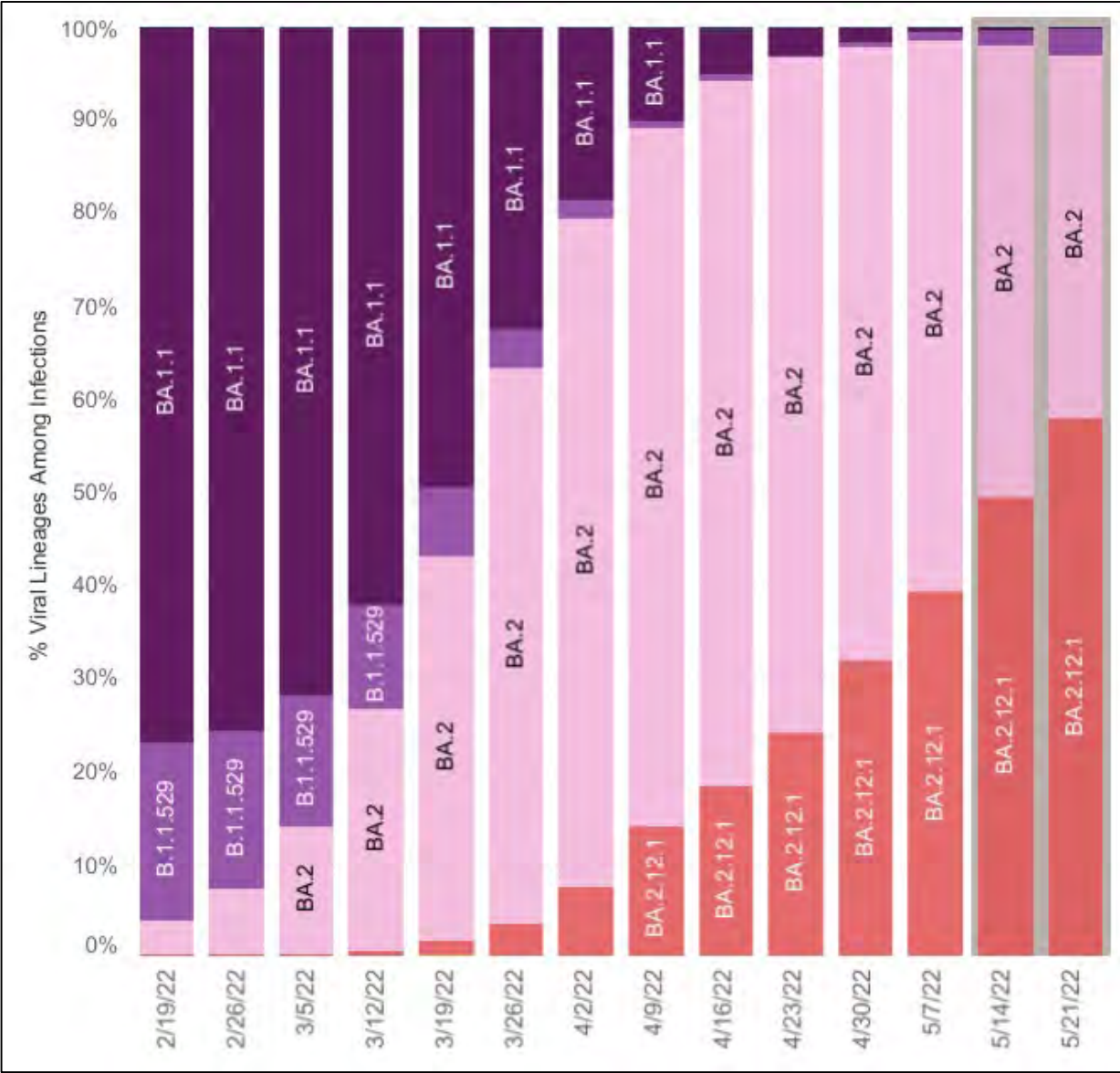
Viral Load:
170%

In comparison to July 6, 2020

Positivity Rate:
11%

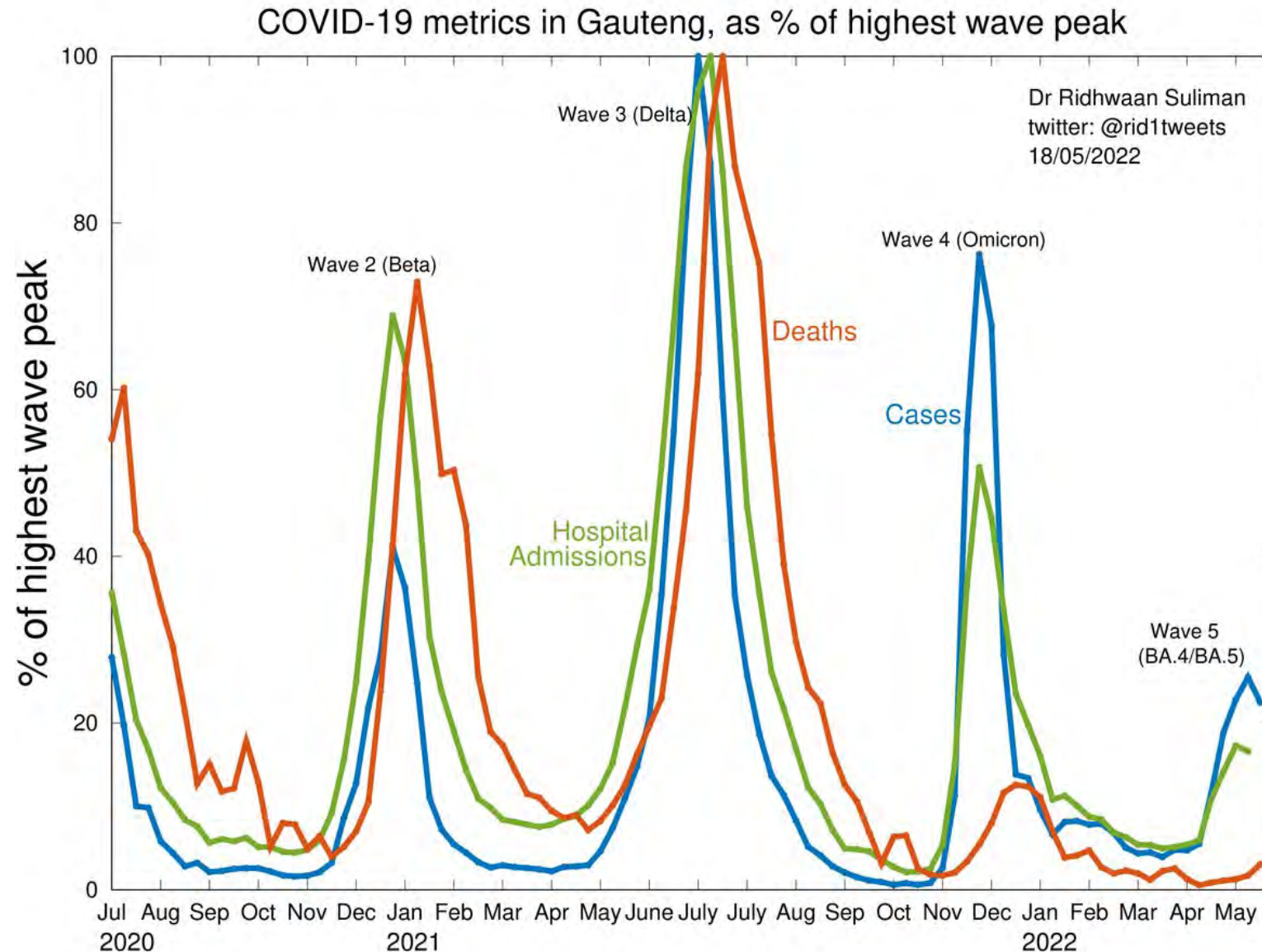


U.S. COVID-19 Variant Trend



| USA | | | | | |
|-----------|-----------|----------|--------|------------|--|
| WHO label | Lineage # | US Class | %Total | 95%PI | |
| Omicron | BA.2.12.1 | VOC | 57.9% | 52.8-62.9% | |
| | BA.2 | VOC | 39.1% | 34.2-44.2% | |
| | B.1.1.529 | VOC | 2.8% | 1.6-4.9% | |
| | BA.1.1 | VOC | 0.1% | 0.1-0.1% | |
| Delta | B.1.617.2 | VBM | 0.0% | 0.0-0.0% | |
| Other | Other* | | 0.1% | 0.1-0.2% | |

BA.4/5 Subvariant Fueling Surge in South Africa



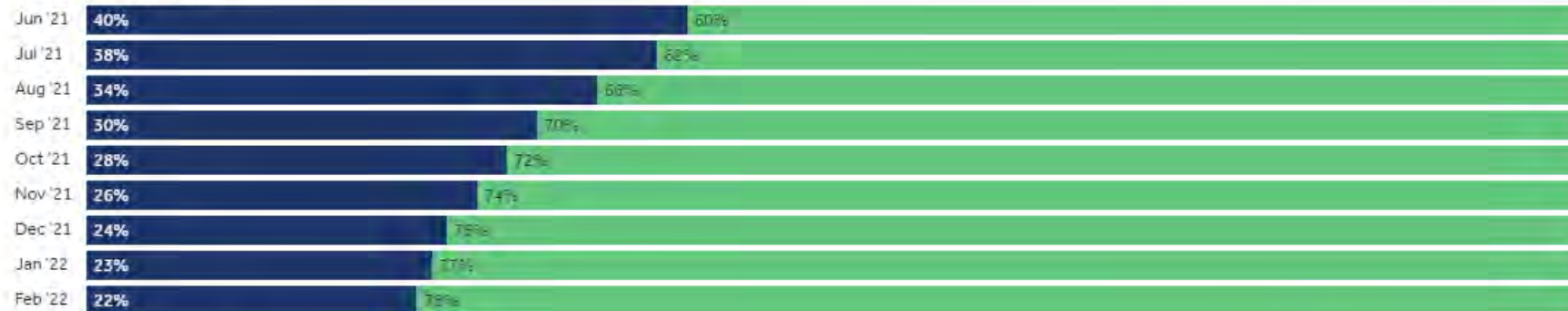
COVID-19 Mortality Preventable By Vaccines

About 234,000 COVID-19 deaths since June 2021 could have been prevented with vaccinations

Share of adult population and adult COVID-19 deaths by vaccination status, 25 jurisdictions in the U.S., June 2021 to February 2022

■ Unvaccinated ■ Fully vaccinated

Share of adult population



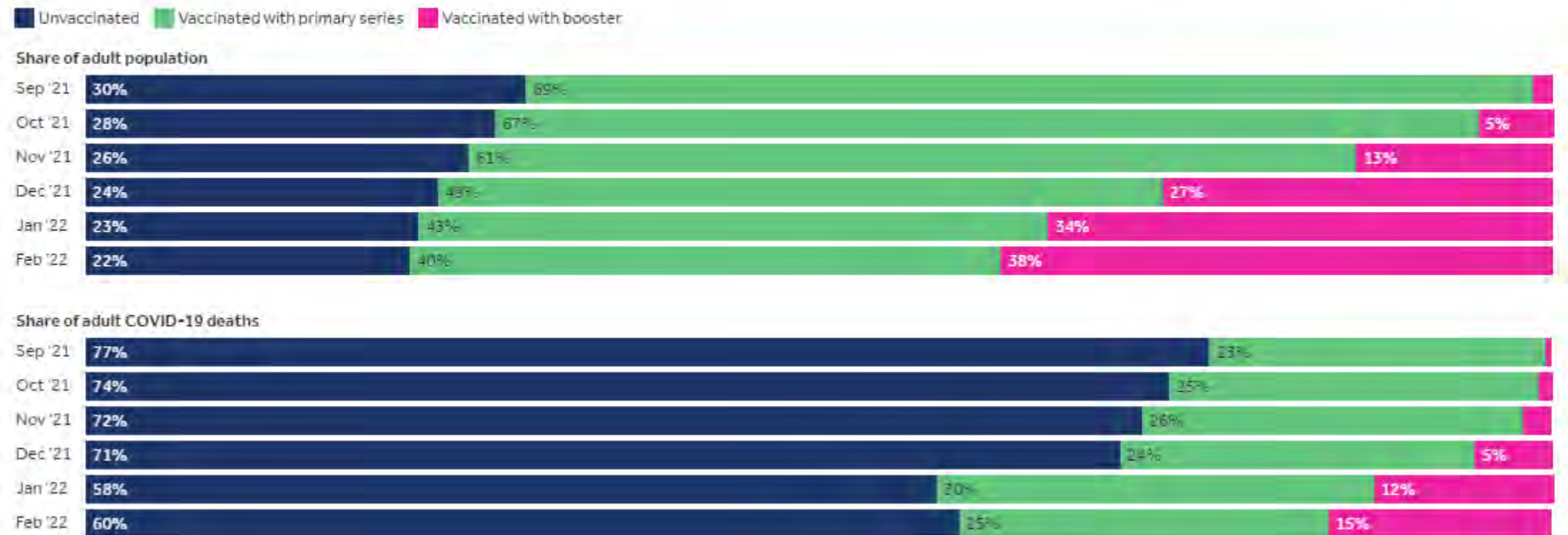
Share of adult COVID-19 deaths



COVID-19 Mortality Preventable By Vaccines

Timely booster doses may have prevented additional deaths among both unvaccinated and vaccinated people

Share of adult population and adult COVID-19 deaths by vaccination status, 23 jurisdictions in the U.S., September 2021 to February 2022



Nurses Week 2022



**Houston Chronicle spotlights
dedication, excellence in annual
Salute to Nurses celebration**



CNO Becky Chalupa, HM Baytown
Top 15 Salute to Nurses 2022 Winner

Hospital Week 2022

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Leapfrog Hospital Safety Grade Trend

| | | Past Scores | | | | | | | | | | | | | | | | | | | |
|------|--|-------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|-------------|-----------|
| | | Spring 2012 | Fall 2012 | Spring 2013 | Fall 2013 | Spring 2014 | Fall 2014 | Spring 2015 | Fall 2015 | Spring 2016 | Fall 2016 | Spring 2017 | Fall 2017 | Spring 2018 | Fall 2018 | Spring 2019 | Fall 2019 | Spring 2020 | Fall 2020 | Spring 2021 | Fall 2021 |
| HMH | | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| HMB | | B | A | A | A | A | A | A | A | A | A | B | B | A | A | A | A | A | A | A | A |
| HMCL | | B | B | A | A | C | C | C | C | C | C | B | A | B | A | A | A | A | A | A | A |
| HMSL | | B | B | B | B | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| HMTW | | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | NS | A | A | A | A | A | A |
| HMWB | | B | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| HMW | | NS | NS | A | B | B | A | A | A | B | B | B | A | A | A | A | A | A | A | A | A |

2022

A

SPRING 2022

A

SPRING 2022

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SPRING 2022

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SPRING 2022

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SPRING 2022

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SPRING 2022

A

SPRING 2022

BEST PLACES TO WORK 2022

#48 Houston Methodist



4.3



“ GREAT benefits, great staff, really positive work environment. I was a temporary worker before I was hired permanently and I fell in love.



THANK YOU FOR ATTENDING OUR TOWN HALL CONVERSATION

If you would like more information about Women's Health Services at Houston Methodist or the Women's Health Task Force, please contact Amanda Harris at **abharris@houstonmethodist.org**

