

*March 2016 - In This Issue:*

**Meet Dr Lisa Jaacks**

**Gynecology for Teen Girls**

**Hysterectomy and Robotics**

**Pelvic Pain Should Not Be a  
Mystery**



## **Pelvic Pain Should Not Be a Mystery**

Unexplained pelvic pain can negatively affect quality of life for many women. Symptoms often seem unrelated or insignificant when experienced separately, but reporting all of these symptoms to your doctor will help determine your needed care plan and can give you relief.

## **Get to Know Dr Lisa Jaacks!**

**Specializing in surgeries to correct urinary incontinence and pelvic prolapse**

In 2015, the "Moms Making a Difference" Unity Award recognized Lisa Jaacks, MD, FACOG for her involvement in teaching the "Keepin' it Real" program. Offered through Banner Health, "Keepin' it Real" educates teens on numerous topics including sexually transmitted diseases, abstinence and protection.



Significant symptoms include

\*\*chronic back pain

\*\*frequent bladder infections

\*\*pain during urination or sex

\*\*painful periods and/or

\*\*urinary leakage.

Dr. Lisa Jaacks and Dr. Lee Koon are board certified in female pelvic medicine and reconstructive surgery.

Often referred to as urogynecology, this is a subspecialty of OB/GYN in which physicians are trained to provide care for women suffering from bladder and pelvic floor conditions and urogynecologic disorders.

These include involuntary urinary leakage, dropped bladder and urinary urgency, frequency and dysfunction, as well as vaginal or rectal prolapse. Don't wait to seek help for your symptoms!

Dr. Jaacks received both her undergraduate and medical doctorate degrees from Creighton University in Nebraska. Following a residency in obstetrics and gynecology at the University of Florida at Pensacola, she joined Desert West in 2006. She specializes in surgeries to correct urinary incontinence and pelvic prolapse. She is especially interested in robotic surgeries when appropriate. Dr. Jaacks is certified by the American Board of Obstetrics & Gynecology, is a fellow of the American College of Obstetrics & Gynecology and became board certified in female pelvic medicine and reconstructive surgery in 2015.

Along with her children and husband Jim, she enjoys traveling and watching the Phoenix Suns.

---

## Gynecology for Teen Girls

### When should your teenager see a gynecologist for the first time?

The American College of Obstetricians and Gynecologists recommends that girls first see a gynecologist between age 13 and 15, or when they become sexually active - whichever comes first. Early diagnosis and treatment can prevent problems later on.

During the initial visit, most gynecologists will perform a general physical and external genital exam. The doctor will talk to the teen about her development, menstruation and sexual activity and will also provide the opportunity to have her questions answered in a private setting. If your daughter experiences abnormal vaginal bleeding, painful periods, unusual discharge or other issues related to reproductive health, she may also need a pelvic exam.

To find a gynecologist for your daughter, start by asking friends whom they trust, and also by searching through your family's health insurance network. Did you know that at DWOG almost half of our patients are referred to us by a friend? We can assist you in finding the right fit for your daughter. Schedule by calling 602.978.1500.

---

## Hysterecotomy and Robotics

### Benefits of da Vinci Robotic Surgical System

Hysterectomy is the surgical removal of part or all of the uterus and may also include removal of the fallopian tubes and ovaries.

This procedure is often needed due to a diagnosis of cancer, fibroids, endometriosis, chronic pelvic pain or other conditions. It is the second most common surgery for women in the United States behind cesarean section. According to the Centers for Disease Control and Prevention, from 2006-2010, 11.7 percent of women between age 40-44 had a hysterectomy. Approximately 600,000 hysterectomies are performed annually in the United States.

The da Vinci Surgical System provides a minimally invasive method for hysterectomies. With this method, women experience quicker recovery, less pain and better outcomes than traditional open surgery. This procedure is covered by most insurance policies and can be scheduled at Banner Thunderbird Medical Center. A number of Desert West physicians are now performing hysterectomies using the da Vinci system. For more information, talk to your doctor or visit the [\*da Vinci Surgical System website\*](#).

## New Patient Portal Now Online!

Existing patients can make appointments, request prescription refills, check test results and more. To register, obtain your security token by calling 602-978-1500.



***Patient Portal Login***

STAY CONNECTED

