

# Make this year **YOUR COMEBACK YEAR**



## "GET MORE EXERCISE."

It's nearly every woman's mantra on January 1, as we resolve to join a gym, walk daily with friends or return to a favorite sport.

But for many women, the path to better health through exercise is not an easy one. Women who endure gynecological problems such as painful, heavy periods or accidental urine leakage are sidelined from the activities that can keep them fit and confident.

"Nearly every time I jog, I wet myself. But without exercise, I feel sabotaged from living healthy," admits 46-year old Mobile resident Ellen Winger. Her resolution for 2010? To take care of the underlying problem that makes exercise impossible. "I believe there has to be a better way than diapers and pads for a woman my age," she explains.

And then there's Joan Sanderson, whose heavy and unpredictable periods have prevented her from playing tennis in recent years. "Tennis was my life, but I'm terrified I'll have an accident on the court," she admits. She, too, has pledged to find a long-term solution to her gynecological problem this year. "I'm going to do my homework and find a physician who has the training to really help me," she says.

For Beth Reynolds of Spanish Fort, 2010 will be the year she researches her hysterectomy options. "My GYN says I need a total abdominal hysterectomy and that I'll be out of commission for 6 weeks," Reynolds explains. "I have children, a husband and a job. Being in bed for that long is out of the question, but my symptoms are only getting worse," she says.

Three women, each with different complaints. Yet each woman's search has led them to Brown and McCool Gynecology in Fairhope.

Ellen Winger had been told by previous doctors that leaking urine was just a normal part of aging. "Poppycock! I realize now it's all in their training," she says. "With Dr. Brown, I've finally found a gynecologist who stays abreast of current treatment options. He and his partner have been performing TVT, a minimally invasive surgery for accidental urine leakage since 2003," she explains.

"TVT is changing women's lives," explains Dr. Bobby Brown of Brown & McCool Gynecology. "TVT is performed on an outpatient basis, recovery time is just 2 to 3 days, and its success rate is greater than 90%," Dr. Brown adds. Winger is scheduled for TVT in April.

Until finding Dr. Angie McCool, Dr. Brown's partner, Beth Reynolds had no idea an alternative to the traditional hysterectomy existed. LSH (or Laparoscopic Supracervical Hysterectomy) is less painful, produces less scarring and requires a recovery time of only 5-7 days, compared to 6 weeks with a traditional hysterectomy.

"We see new patients every day who've never heard of minimally invasive surgery for their common GYN problems," explains Dr. McCool. "It's why Dr. Brown and I are so committed to learning the newest procedures that are light years ahead of what doctors have done in the past. Best of all, they're transforming women's lives," McCool says.

Dr. Brown agrees. "Minimally invasive surgery isn't just about healing a body. It's healing a spirit. My patients describe their lives after surgery as more interactive, and more rewarding. For the first time in years, they feel confident and free to do as they please," Dr. Brown says.

Currently, Drs. Brown and McCool are training to perform single-site incision surgery utilizing robotics. They will be the first gynecologists in Baldwin County to perform these innovative procedures.

Drs. Brown and McCool  
are accepting gynecology  
and infertility patients.

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AN APPOINTMENT.



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