

Teaching Global, Treating Local

Trinitas Doc Tackles Taboos Close to Home

In our modern world, with so many ways to share information, experiences and feelings, it sometimes seems as if there is nothing women can't (or won't) talk about. As Dr. Labib Riachi knows all too well, this is far from true. His waiting room at Trinitas Regional Medical Center is packed with women, young and old, who suffer from conditions ranging from advanced urinary incontinence to bladder, vaginal and rectal prolapse, which are caused by a weakening of the internal pelvic support structures.



DR. LABIB RIACHI

They enter Dr. Riachi's urogynecology office ashamed and desperate. They depart with the smiles that come with knowing that they are hardly alone...and that they have come to the right place.

Dr. Riachi has pioneered Total Vaginal Mesh Plasty (TVM), a procedure that corrects prolapse under regional anesthesia. The success rate compares to that of traditional surgeries, which involve a much more invasive abdominal incision. TVM takes a far less invasive approach; patients typically can return home within 24 hours and resume normal activities much quicker than if they had undergone traditional surgery. "TVM corrects a condition that steals from women their dignity," Dr. Riachi explains. "Often the physical discomfort of prolapse is nothing compared to the

emotional pain and embarrassment. The subject is so taboo that patients will keep it to themselves for years rather than seeking treatment."

Of equal taboo to women is stress urinary incontinence – the leaking of urine that takes place when the woman coughs, sneezes, or even laughs. "This is a condition that has no boundaries. I've treated a 22-year-old mother who had just given birth, all the way up to a 97-year-old woman who has lived with the condition for many years," he explains.

Stress urinary incontinence is also treated with a minimally invasive surgical technique by Dr. Riachi. "The TVT-Obturator (TVT-O) procedure has allowed thousands of women in New Jersey to be relieved of the burden of incontinence. With a five-minute procedure we can solve a problem that many have endured for years," he states. During TVT-O surgery a small piece of synthetic material is used to create a "sling" that provides crucial support of the mid urethra. The success rate is in excess of 90 percent, and the patient can typically return home just a few hours following surgery.

More than 500 surgeons from throughout the world have been trained by Dr. Riachi to perform both the TVM and TVT-O procedures. *EDGE*

Editor's Note: In a recent poll of nurses by *New Jersey Monthly*, Labib Riachi, MD, FACOG, was ranked among the state's 180 best doctors. He was the only urogynecologist to make the cut. For more information on TVM and TVT-O procedures, log onto www.RiachiSurgery.com.