



**Dr. Arturo Menchaca** is a board certified urogynecologist with an emphasis in pelvic floor medicine and reconstruction, laparoscopy, and the treatment of complex voiding problems.

In 1988, when he started practicing, Dr. Menchaca was only the second doctor with a fellowship in this subspecialty in the Chicagoland area. In 1987, he was named Outstanding Resident in Gynecologic Endoscopy by the American Association of Gynecologic Laparoscopists.

Dr. Menchaca holds a bachelor's and medical degree from the University of Illinois at Chicago; internship at University of Iowa; residency at Mt. Sinai Medical Center in Chicago; and fellowship at St. Mary's Medical Center in Centralia, Illinois. He teaches surgery in the operating room to practicing gynecologists, urogynecologists and urologists. He has taught or teaches for the following companies: I Flow, Gyrus, AMS, Caldera, Mentor, Boston Scientific, Bard, Gynecare and Mpathy.

### Memberships

- American College of Obstetrics and Gynecology
- American College of Surgeons
- American Urogynecologic Society
- American Association of Cosmetic Surgery
- American Academy of Cosmetic Gynecologists
- International Society of Cosmetogynecology
- American Society of Laser Medicine and Surgery
- American Association of Gynecologic Laparoscopists
- North American Society of Phlebology
- Affiliated with Adventist Hinsdale and Adventist La Grange Memorial Hospitals



### Arturo Menchaca, MD

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### Office Hours:

Mon – Tue – Thu – Fri

9 a.m. - 5 p.m.

Sat – 9 a.m. - noon

For an appointment, please call:

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[www.drmenchaca.com](http://www.drmenchaca.com)

[www.atmenchaca.yourmd.com](http://www.atmenchaca.yourmd.com)

*Arturo Menchaca, MD, FACOG, FACS*

Laparoscopic  
Urogynecologic  
and  
Cosmetic  
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Urogynecology,  
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## Welcome to Our Pelvic Medicine and Surgery Center

We offer a comprehensive program to offer you solutions for your pelvic problems.

### Work Up

**VOIDING DIARY** – Used to track number of voidings during the day and night, beverages consumed and leaking episodes.

**SONOGRAM** – Ultrasonography of the pelvis to rule out abnormalities in the pelvis or the bladder.

**CATHETERIZED URINE** – This is the most hygienic way of obtaining urine for studies to rule out infection or abnormalities, including cancer.

**URODYNAMIC STUDIES** – Tests that measure pressures and volumes to determine how well the bladder is functioning and if problems need to be addressed.

**CYSTOSCOPY** – This test involves looking into the bladder with a tiny camera to detect any problem.

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## Treatment Options

- **BEHAVIORAL TECHNIQUES** – Kegel exercises, biofeedback, electrical stimulation, bladder training and dietary changes.
- **MEDICATIONS** – Some medications prevent contractions of an overactive bladder.
- **INTERSTIM THERAPY** – Small medical device that sends gentle electrical impulses to the bladder to treat overactive bladder (urge incontinence and symptoms of urgency frequency) and urinary retention.
- **BULKING AGENTS** – Injected around urethra; used to treat the loss of urine.
- **PELVIC RECONSTRUCTION** – We treat uterine and vaginal prolapse, cystocele (fallen bladder), rectocele (fallen rectum), enterocele (fallen intestines). Most of the time this is done through the vaginal route or laparoscopically, rarely with an abdominal incision.
- **da VINCI ROBOTIC LAPAROSCOPIC SURGERY**
- **SILS** – Single Incision Laparoscopic Surgery.
- **SLING PROCEDURE UNDER THE URETHRA** – This procedure is for patients who leak urine when they cough, sneeze, laugh, run or with any increase in abdominal pressure.

*Dr. Menchaca has performed thousands of slings, vaginal reconstruction and cosmetic procedures.*



## Cosmetic Gynecologic Procedures

*For before and after pictures please go to our website.*

Vulvar and vaginal cosmetic procedures are an extension of reconstructive pelvic surgery, but the indications are for aesthetic purposes.

**VAGINOPLASTY** – After delivering babies, the vaginal muscles and tissues loosen and weaken to the point that there are redundancies and decreased sexual enjoyment. Tightening of these tissues has been referred to as vaginal rejuvenation.

**LABIOPLASTY** – A procedure to change the labia majora and minora to more a pleasing cosmetic look. The labia may be too large or one may be larger than the other. This may cause irritations or may result in getting caught in garments.

**CLITORAL DEHOODING** – Removal of the skin around the clitoris to increase sexual sensitivity.

**HYMENOPLASTY** – Victims of rape, abuse or molestation may wish to repair the hymen. This is performed with microsurgical technique.

**LIPOSUCTION** – Tickle Lipo® and laser liposuction.

**ABDOMINOPLASTY** – Tummy tuck.

*For other cosmetic procedures, please call the office.*

