

## **Cindy's Story - "The Right Doctors That I Needed"**

"My name is Cindy Wormsley and I have been a project manager for over 30 years. I was having incontinence, but not in the urinary part of it, but the rear-end part of it. And I was not having any luck with any medical help in Colorado where we came from. I was seeing the same type of doctor there. I would have accidents in bed. So I'd shower, and my husband would change the bed. It was probably three or four times a year. Then the year before we came here, it was getting to be maybe four to six times every week. That led me to Dr Vijay (Priya Vijayvargiya, MD).

"When a person like myself, going through what I've gone through...people are shut in and won't come out because they're so scared. My husband and I would make a joke that I've got my "go bag."

"After working with Dr. Vijay through various tests, she got me the right doctors that I needed. I had shut myself in for the last year and a half. Because it was happening so much I wouldn't go anywhere. I have a beautiful husband who would go to the grocery store for us. He knew the toll that it was taking on me. Dr Vijay is in my heart forever. She did everything to figure out why – why is this happening now and so suddenly? We kept trying different things and that led me to Dr. Kaeser (Carson Kaeser, MD).

"Dr. Kaeser and I had many discussions. They give you a two-week trial period (with the sacral nerve stimulation device) and then see if you are comfortable with it and if it helps at all. It took me down from five to six times a week to...the best two weeks I've ever had in a long time. We decided to go ahead and put it in for real. Did it help in the end? Oh

yeah. I've only had it (the device) in for about just four months. Dr. Vijay and Dr. Kaeser - the two of them working together - figured out those issues and got the biggest issue fixed for me.”