

# Center for Urogynecology and Reconstructive Pelvic Surgery MANISH GOPAL MD, MSCE

### Welcome to the Center for Urogynecology and Reconstructive Pelvic Surgery

At the Center for Urogynecology and Reconstructive Pelvic Surgery, our goal is to provide diagnostic and therapeutic options tailored to a patient's health needs. We offer comprehensive evaluation of the pelvic floor and recommended an individual treatment plan.

We are committed to providing you with the highest quality of healthcare.

Doctor Gopal completed his fellowship training at the Hospital of the University of Pennsylvania. He has published in peer reviewed journals, textbooks and he has presented at national and international scientific meetings, such as the American Urogynecolgical Society and International Continence Society.

He is currently Chief of Robotics at Saint Peters University Hospital and has been chosen by his peers as a Top Doctor in his field in the State of New Jersey 2016, 2017 and 2018

Our office locations are listed below:

49 Veronica Ave., Suite 207, Somerset, New Jersey 08873
111 Union Valley Rd., Suite 205, Monroe, New Jersey 08831
900 West Main Street, Suite 3 Freehold NJ 07728
1 Route 70 West, Lakewood, New Jersey 08701

You can reach our office Monday through Friday 8:30 am to 5pm at 877-987-6496



# Center for Urogynecology and Reconstructive Pelvic Surgery MANISH GOPAL MD, MSCE

### What you should know about Urogynecology

Urogynecology treats problems affecting the female pelvic floor — the urologic gynecologic, and rectal organs, which along with the pelvic floor muscles, occupy the space between the pubic bone and the tail bone.

## Why do I need a Urogynecologist?

As the name implies, Urogynecologist have their expertise in gynecology, urology and bowel dysfunction in women. Do to the close proximity of the pelvic organs, there is a frequent Coexistence of problems in adjacent organs. As such women with a "dropped" vagina may also have urinary incontinence or experience problems with bowel movements. It is estimated that more than 45% of women will at some point have problems with bladder control, 10% have problems with prolapse (dropping) of the pelvic organs, and 10% of women will require surgery for correction of these problems.

### What is Urinary Incontinence?

Commonly known as lack of bladder control, Urinary Incontinence is a common problem in adult women. There are various types of Urinary Incontinence. Your Urogynecologist will evaluate your bladder function in order to precisely determine what is causing your bladder problem. This will allow him/her to recommend treatments specifically designed for your care. In order to evaluate your bladder function, you may be asked to complete a bladder diary, undergo a full pelvic exam, undergo bladder function testing (Urodynamic Testing) or undergo a Cystoscopy to examine the inside of your bladder.

## What is Vaginal/Uterine Prolapse?

Due to the weakness of connective tissues, the Uterus, Vagina, Bladder, or Rectum can drop into the vaginal canal and even into the vaginal opening. This is termed Prolapse. This is analogous to a hernia which can occur along the lower abdomen due to weakness of the tissue of the lower abdominal wall. Prolapse can result in problems affecting the organ which has prolapsed. Urinary Incontinence if the bladder has prolapsed, problems with bowel movements if the rectum has prolapsed.

### What Treatments are Available?

Based on your complete evaluation, your Urogynecologist will recommend treatment specifically designed for your case. They will likely be a few options to choose from. The options may include non-surgical treatment such as pelvic floor exercises, oral medications, patch or intra-vaginal devices to help elevate vaginal prolapse, or surgical therapy to correct the anatomic defects.



#### CENTER FOR UROGYNECOLOGY AND RECONSTRUCTIVE PELVIC SURGERY

### Manish Gopal, MD, MSCE

#### **Division Director**

### Pelvic Floor Muscle Rehab (PFMR) Therapy for Urinary Incontinence

### What is PFMR?

PFMR can help you learn how to do effective pelvic muscle exercises that strengthen the muscle supports around the bladder, urethra, and rectum. Weak muscles can contribute to stress incontinence and bowel incontinence. PFMR is also used to treat muscle dysfunction. When muscles are weak or damaged, it can be difficult to know whether the appropriate muscles are being exercised and whether they are being exercised with the proper technique.

### **How Does PFMR Work?**

PFMR involves the use of special electronic or electrical equipment to display information about your pelvic floor muscles. This information is transmitted by small sensors to a unit that creates a picture image on a screen. The visual image may be color bars or a polygraph display (like an EKG tracing). This information communicates the muscle strength, endurance, and function.

Doctors use PFMR to instruct and coach patients in the best ways to improve their muscle function. This may hasten the progress that you make in a pelvic muscle retraining program.

Because you learn the most effective techniques right away, you can concentrate on the strengthening exercises. Also, the techniques you learn during PFMR treatment sessions can be repeated during home practice sessions.

Without PFMR, some people with weak or damaged muscles have more difficulty identifying the pelvic muscles and exercising them to their full capacity.

#### How is it Done?

The body signals are transmitted by way of an internal and external sensing device. For instance, an internal tampon-like device is fitted into the vagina, and a similar smaller device is placed in the rectum. External patches are also placed on the abdominal area.

The procedure is safe and non-invasive. None of these devices deliver any electrical current. The primary purpose is to detect and transmit the functioning of the muscle activity so that the person can look at a screen to associate the sensations that are felt during the pelvic muscle exercise with the picture on the screen. This helps the person identify and contract the correct muscles.

Most people are unaware of the pelvic muscles and how they contribute to bladder control. PFMR helps you learn how to become more aware of these important muscles and to use them regularly to improve bladder control.

### Pelvic Floor Muscle Rehab (PFMR) Therapy for Urinary Incontinence continued:

#### PFMR can offer such benefits as...

Helping to visualize and identify appropriate muscles Helping to focus on exercising the correct muscle groups Reinforcing efforts to perform the exercise correctly Teaching how to repeat the exercise correctly Motivating you to take control of your bladder problem Recording progress at each session with computer print outs

### What is The Treatment Plan?

At each session, the information collected about your pelvic muscle strength, endurance, and function helps your doctor develop different exercise strategies for continued improvement of your muscle function.' Everyone will have slightly different treatment plans based on their muscle function. Your treatment plan is developed by you and your doctor together, to determine the most practical and effective approaches for muscle training.

### **How Long Does It Take?**

PFMR sessions may take between 15 and 45 minutes, depending upon the goals of the session. Most people find the PFMR sessions interesting and helpful. Between 6 and 8 PFMR sessions may be needed for pelvic muscle re-training.

### **Tips For Self Care**

### **PRACTICE:**

When practicing pelvic muscle exercises at home be sure to set aside tune when you can concentrate on performing the exercises as done with biofeedback. Focus on the quality of the contraction, the intensity and the duration.

#### **FOLLOW-UP:**

Attend your follow-up sessions; even if you fell you have not practiced your pelvic muscle exercises enough. Usually, the PFMR session will reveal improvements in muscle awareness, control, and function, even if strength has not increased. Even when muscles are exercised a little, there can be some improvements in function. Plus, the PFMR session will motivate you to continue the exercise program.

# PROVEN EFFECTS, OUTSTANDING RESULTS



Scientific research has shown that 95% of treated patients reported significant improvement in their quality of life.\*



 HIFEM Technology Can Improve Quality of Life of Incontinent Patients Berenholz J., MD, Sims T., MD, Botros G., MD

# SAY NO TO INCONTINENCE



ASK YOUR PROVIDER ABOUT BTL EMSELLA™ TODAY:

INFO@BTLNET.COM EMSELLA.COM













# **BTL** EMSELLA™

SAY NO
TO INCONTINENCE



# **BTL** EMSELLA™

Sit and experience the breakthrough treatment for incontinence.



FDA CLEARED TREATMENT FOR INCONTINENCE



REMAIN FULLY CLOTHED



**NON-INVASIVE** 



WALK-IN WALK-OUT PROCEDURE I have regained my confidence because of my treatment and intend to resume my sport activities.

Amanda, Houston, TX

If To my amazement I shut off a medium strong stream. I could not do that before!

Karen, Boston, MA



# WHO IS THE RIGHT **CANDIDATE** FOR BTL EMSELLA™?

BTL EMSELLA™ is a great option for women of any age who desire solution for urinary incontinence and improvement in their quality of life.

# HOW LONG IS THE **TREATMENT**? HOW MANY SESSIONS DO I NEED?

Your provider will tailor a treatment plan for you. A typical treatment takes about 30 minutes and you will need about 6 sessions, scheduled twice a week.\*

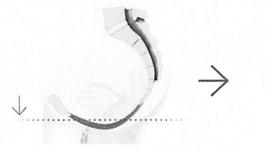
# WHAT DOES THE **PROCEDURE** FEEL LIKE? IS IT PAINFUL?

You will experience tingling and pelvic floor muscles' contractions during the procedure. You may resume daily activities immediately after the treatment.

### HOW FAST WILL I SEE RESULTS?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.

### BODY AGING, CHILDBIRTH, AND MENOPAUSE CAN LEAD TO INCONTINENCE.



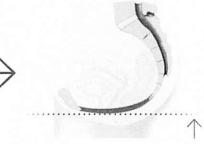
#### BEFORE

Pelvic floor muscles insufficiently support pelvic organs and affect bladder control.



### TREATMENT

BTL EMSELLA™ effectively stimulates pelvic floor muscles.



#### AFTER

Stimulation leads to regained control over pelvic floor muscles and bladder.

# HOW DO PRP INJECTIONS WORK?

PRP therapy uses injections of concentrated platelets of the patient's own blood to naturally enhance the healing process of the damaged cells. The blood's platelets contain proteins and other growth factors needed to accelerate the cell's healing process.



# "THE RESULTS SURPASSED MY EXPECTATIONS. IT HAS CHANGED [MY CLIENT'S] LIFE"

Patient had deep pitted facial acne scarring.

Patient was treated utilizing a microneedling device and Integrity PRP products.



PLATELET RICH PLASAGE SYSTEM



How long does it take to see results? Results vary from patient to patient but can sometimes be seen impreviously depending on the area being treated. Ask your healthcare provider what results you are expected to see.

How does PRP Therapy work?

A trained medical professional will draw the patient's blood using a PRP kn, then place the collected blood into all approved PRP centifice. The contifuge will some the PRP separating the red blood cets from the plateter rith plasma. The medical professional will then extract the PRP processional might be restricted.

Enter (vince de la compute de la comp





# WHAT IS PRP?

Platetet-rich plasma (PRP) is an autologous concentrated preparation of platelets and the associated growth factors in a small volume of plasma. Platelets release growth factors which regulate the healing cascade by signaling to surrounding cells to repair damaged tissue and regenerate new tissue.

## WHY PRP?

The use of platelet-rich plasma has become recognized as an all natural approach to anti-aging without the need for extensive or expensive surgery.



# BENEFITS OF PRP

### Additional Benefits of PRP Therapy:

- · Acne scarring and wound healing
- Thinning hairline
- Sexual rejuvenation
- Treats urinary incontinence and overactive bladder
- Joint pain
- Osteoarthritis





Transforming Women's Healthcare

# Center for Urogynecology and Reconstructive Pelvic Surgery Manish Gopal M.D.MSCE PLEASE PRINT CLEARLY AND COMPLETE ALL AREAS

|  | <b>Last Name:</b><br>Mid:   |                                    |  |  |                    | -                        | _First <b>i</b>              | Name:                                    |                     |
|--|---|------------------------------------|--|--|--------------------|--------------------------|------------------------------|--|---------------------|
| Social Security #  |   | <del> </del>                       | Date of Bird                               | th:  |                    |                          |                              | Age                                      |                     |
| Address:   |   | Cit                                | y:   |  |                    | State                    | o:                           | Zip:                                     |                     |
| ■ Married  | ☐ Single  |                                    | Widow                                      |  |                    |                          |                              |  |                     |
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| Referring Physician  | Name:   |                                    | Phone:                                     | _  |                    | F                        | ax:                          |  |                     |
| Primary Care Physici   | ans Name:   |                                    | Phon                                       | e:   |                    |                          | Fax                          | c  |                     |
| Address:   |   | Cit                                | y:   |  |                    | State                    | o:                           | Zip:                                     | <u> </u>            |
| Gynecologists Name   |   |                                    | _ Phone: _                                 |  |                    |                          | Fax:                         |  |                     |
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| Primary Insurance Na   | ame:  | ID#_                               |  |  |                    | Group                    | #                            |  |                     |
| Name of Insured  |   | Date o                             | of Birth:                                  |  |                    | Co                       | pay Am                       | ount:                                    |                     |
|  | Policy Holder Relationship:   | □ Self                             |  | Spouse                                     |                    | Partner                  |                              | Other                                    |                     |
| Secondary Insurance  | Name:   |                                    | ID#  |  |                    |                          | Group#                       |  |                     |
| Name of Insured  |   | _Date of E                         | Birth:                                     |  |                    | Co                       | pay Am                       | nount:                                   |                     |
|  | Policy Holder Relationship:   | ☐ Self                             |  | Spouse                                     |                    | Partner                  |                              | Other                                    |                     |
| Lifeline Medical Ass<br>rendered and perfo<br>any individual it ma | ase of medical information to<br>sociates LLC. I agree to pay<br>med. I am financially respo<br>y designate for balance not<br>ties participating in my care<br>or Guardian | all costs<br>insible to<br>covered | of collection<br>Lifeline Me<br>by insuran | on, attorne<br>edical Asso<br>ice. I autho | y's fee<br>ociates | s associat<br>s, LLC and | ed with<br>its suc<br>of med | h collection due to<br>cessors and assig | services<br>Ins and |
| Signature of Patient of  | r Guardian  |                                    | Date                                       |  |                    |                          | _ ( Exp                      | ires 2 years from date )                 |                     |



Transforming Women's Healthcare

### Center for Urogynecology and Reconstructive Pelvic Surgery

### **PAST MEDICAL HISTORY FORM**

| NAME: | BIR | RTH DATE:/ | <br>DATE:/ | / |  |
|-------|-----|------------|------------|---|--|

#### PLEASE CHECK (X) IF YOU HAVE OR HAD ANY OF THE FOLLOWING: □ PAST **NOTES** Weight loss □ CURRENTLY PAST **NOTES** Weight gain ☐ CURRENTLY PAST **NOTES** Fever ☐ CURRENTLY □ CURRENTLY PAST **NOTES Fatigue** Double vision **CURRENTLY** PAST **NOTES** PAST **NOTES** Spots before eves **CURRENTLY** PAST **NOTES** Vision changes **CURRENTLY PAST** □ CURRENTLY **NOTES** Ear aches **PAST NOTES** Ringing in ears **CURRENTLY** PAST **NOTES** Sinus problems ☐ CURRENTLY □ CURRENTLY PAST **NOTES** Sore throat **PAST** Mouth sores **NOTES** CURRENTLY Dental problems **CURRENTLY PAST NOTES PAST** Painful breathing **CURRENTLY NOTES NOTES CURRENTLY PAST** Chest pain Difficult breathing: **PAST NOTES** On exertion **CURRENTLY NOTES PAST** Swelling of legs **CURRENTLY** Palpitations of heart **PAST NOTES CURRENTLY PAST NOTES** CURRENTLY Wheezing Spitting up blood **CURRENTLY** PAST **NOTES** Shortness of breath **PAST NOTES** CURRENTLY Cough, chronic **CURRENTLY** PAST **NOTES** □ PAST **NOTES** Diarrhea, frequent **CURRENTLY PAST NOTES Bloody stool CURRENTLY PAST NOTES** Nausea/vomiting **CURRENTLY** PAST **NOTES** Constipation **CURRENTLY PAST NOTES** Blood in urine **CURRENTLY PAST NOTES** Pain with urination **CURRENTLY PAST NOTES Urgency CURRENTLY** Frequency of urination $\Box$ **CURRENTLY** □ PAST **NOTES** PAST **NOTES** Incomplete emptying **CURRENTLY PAST NOTES** Stress incontinence **CURRENTLY PAST NOTES** Abnormal periods **CURRENTLY PAST CURRENTLY NOTES** Painful intercourse

| Page 2 PAST MEDICA                            | \L HI | STORY FORM             | NAME     | : <u></u>    |                      | BIRTH DATE: | _/ | J |
|---|-------|------------------------|----------|--------------|----------------------|-------------|----|---|
|   | Pl    | EASE CHECK ()          | () IF YO | U HAVE C     | OR HAD ANY OF THE FO | LLOWING:    |    |   |
| Muscle weakness                               |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Pain in breast<br>Nipple Discharge            |       | CURRENTLY<br>CURRENTLY |          | PAST<br>PAST | NOTES<br>NOTES       |             |    |   |
| Masses/Lumps                                  | _     | CURRENTLY              |          | PAST         | NOTES                |             |    | • |
| Rashes  |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Ulcers  |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Dizziness                                     |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Seizures                                      |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Numbness                                      |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Trouble walking                               |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Depression                                    |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Crying, frequent                              |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Dry skin                                      |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Abnormal thirst                               |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Hot flashes                                   |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Bruises, frequent                             |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Cuts do not stop bleeding                     |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Enlarged lymph nodes                          |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Allergies                                     |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
| Drugs, other                                  |       | CURRENTLY              |          | PAST         | NOTES                |             |    |   |
|   |       | MAJOR ILI              | LNESSE   | S YES NO     | MAJOR ILLNESSES YES  | NO          |    |   |
| Asthma Cancer □Y                              | ES (  |                        |          |              |                      |             |    |   |
| Pneumonia Ulcers                              | □Y    | 'ES □NO                |          |              |                      |             |    |   |
| Chronic Lung Disease                          | Dep   | ression/anxiet         | y 🗆Y     | ES 🗆NO       | 1                    |             |    |   |
| Kidney Infections/sto                         | nes   | Anemia/Blood           | transfu  | sions 💷      | YES 🗖 NO             |             |    |   |
| Tuberculosis Seizures                         | /cor  | nvulsions/epilep       | sy 🗖     | YES 🗆 N      | 0                    |             |    |   |
| Venereal Disease Boy                          | vel t | rouble <b>UYES</b>     | □ио      |              |                      |             |    |   |
| Heart Trouble/murm                            |       |                        |          | 10           |                      | •           |    |   |
| Diabetes Arthritis/joi                        | •     |                        |          |              |                      |             |    |   |
| High Blood Pressure                           |       |                        |          |              |                      |             |    |   |
| Stroke Hepatitis/Yello<br>Rheumatic Fever Thy | -     |                        |          |              |                      |             |    |   |
| Other Explain:                                |       |                        |          |              |                      |             |    |   |
|   |       |                        |          |              |                      |             |    |   |

| Page 3 PAST MEDICAL HISTORY | FORM   | NAME:        |  |          | BIRTH           | DATE:/ |             |
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|                             | (      | OPERATIONS   | /HOS   | PITALIZA | TIONS           |        |             |
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| Flu Shot                    | atc    |              |  |          | TB Skin Test    |        |             |
| Pneumonia                   |        |              | <del>                                     </del> |          | Tetanus         |        |             |
| Other:                      |        |              |  |          |                 |        |             |
|                             |        | OB/G         | YN H   | IISTORY  |                 |        |             |
| N                           | umber  |              |  |          | Туре            |        | Number      |
| Births                      |        |              |  |          | Abortions       |        |             |
| Miscarriages                |        |              |  |          | Living Children |        |             |
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| Drug Name                   | Dosage |              |  | Drug Nam | ne              | Do     | sage        |
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|                             |        |              |  |          |                 |        | <del></del> |

| Page 3 PAST MEDICAL HISTORY FORM NAME:BIRTH DATE:/   |
|--|
| FAMILY HISTORY   |
| High Blood Pressure  |
| SOCIAL HISTORY   |
| Habits  Smoking  |
| Personal Profile   |
| Marrial Status:  Married   |
|  |
| During your examination your bladder may need to be emptied by for Dr. Gopal to exam you thoroughly. This will be done by the method of catheterization. |
| Signature of patient:Date:   |
| Physician Signature:Date:  |

# Center for Urogynecology and Reconstructive Pelvic Surgery — Manish Gopal MD For compliance with CMS and Medicare Services — PQRS please complete the questions below.

| Date:  |   |
|--|---|
| Name:  | Age:  |
|  |   |
|  |   |
| When was your last Pap Smear?                    |   |
| Approximate month and year                       |   |
| ☐ Never had one                                  | Where was it done?  |
| When was your last Mammogram?                    |   |
| Approximate month and year                       |   |
| Never had one                                    | Where was It done?  |
|  |   |
| When was your last DEXA Scan (Bone Den           | sity Test)  |
| Approximate month and year                       |   |
| Never had one                                    | Where was it done?  |
|  | and a subsect of the |
| If you have Osteoporosis have you ever he Yes No | ad a fracture due to this condition?  |
| When was your last Colonoscopy?                  |   |
| Approximate month and year                       |   |
|  | here was it done?   |
| 110101 1120 0110                                 |   |
| Have you had a Flu Shot? A No Ye                 | s Approximate month and year  |
| Have you a Pneumonia Vaccine? No C               | Yes Approximate month and year  |

THANK YOU FOR YOUR COOPERATION

## **CONSENT FORM**

| Manish Gopal MD  | Lifeline Medical Associates     |
|--|---------------------------------|
| Center for Urogynecology and Recor   | structive Pelvic Surgery        |
| Name:  | DOB;                            |
| Consent for Bladder Cather   | <u>ization</u>                  |
| This Consent will cover all visits with  | <u>Physician</u>                |
| At any time you wish to change your  | consent please inform physician |
| with Urinary and Pelvic issues: To obvaginal bacteria, to measure if the blurination and to determine if a urina |                                 |
| Yes, I give my consent to o Bladder C  | Catherization.                  |
| if physician deems necessary.  |                                 |
| Please sign below:   |                                 |
| Signature:   | Date:                           |
| ☐ Patient refused Catheter   | ization                         |
| MA:  |                                 |

### UROGYNECOLOGY ASSOCIATES OF CENTRAL JERSEY, PC Manish Gopal MD.

49 Veronica Avenue, Ste 207 Somerset NJ 08873 Phone: 877-987-6496 Fax: 732-578-6568

| Patient Name:                        | DOB:                                    |
|--------------------------------------|---|
| Herby auth                           | orize Release of my medical records to: |
| Urogynecology Associates of Central  | Jersey, PC – Manish Gopal MD            |
| ☐ Complete Medical Record            |   |
| All Laboratory – Radiology –         | Hospital and Operative Records          |
| Office Notes From DOS:               |   |
| ☐ Mail                               |   |
| Send to Address: 49 Veronica Avenu   | e Suite 207, Somerset New Jersey 08873  |
| ☐ Fax                                |   |
| Fax (732) 640-5320 or Fax (732) 578- | 6568                                    |

49 Veronica Ave., Ste 207, Somerset, NJ 08873 Phone (877) 987-6496 - Fax (732) 640-5320 - www.urogynnj.com