



## Tarek G. Garas, MD, FACOG, FACS

Board-certified in OB-GYN and  
Female Pelvic Medicine & Reconstructive Surgery.  
Robotic Surgeon.

### Education

- Creighton University School of Medicine, Omaha, NE, MD
- University of Miami/Jackson Health Care System, Miami, FL, Residency & Administrative Chief Resident

### Areas of Expertise

- Obstetrics
- Gynecology
- Gynecologic Surgery
- Pelvic Organ Prolapse
- Incontinence & Bladder Health Issues
  - Urinary Incontinence
  - Painful Bladder Syndrome / Interstitial Cystitis
- Fecal Incontinence
- Advanced Robotic Surgery

### Qualifications

- Board-certified in OB-GYN and Female Pelvic Medicine & Reconstructive Surgery

### Additional Languages Spoken

- Spanish



*"I look forward to serving you with advanced, comprehensive and compassionate care that, I pray, exceeds your expectations."*

*Dr. Tarek Garas*

# WATSON CLINIC<sup>LLP</sup>

## Obstetrics & Gynecology

Dr. Garas consults and treats patients at two convenient locations.



### Bartow Building B

2000 Osprey Blvd., Suite 201, Bartow, FL



### Bella Vista Building

1755 N. Florida Avenue, 3<sup>rd</sup> Floor, Lakeland, FL

### APPOINTMENTS:

863-680-7312 | [WatsonClinic.com/Garas](http://WatsonClinic.com/Garas)



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## Obstetrics & Gynecology



Gynecologic  
care that *Exceeds*  
your **Expectations**



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# WATSON CLINIC LLP



## Female Pelvic Medicine & Reconstructive Surgery

There are many types of pelvic floor dysfunction that may contribute to incontinence and bladder health concerns such as urinary stress incontinence, overactive bladder, incomplete bladder emptying, recurrent urinary tract infections, fecal incontinence, pelvic organ prolapse, fistulae, painful bladder syndrome/interstitial cystitis and painful intercourse.

Watson Clinic's Division of Female Pelvic Medicine & Reconstructive Surgery offers a vast array of services designed to restore a patient's sense of relief and well-being. Treatment plans are designed based upon the severity of your condition, and range from simple diet modifications to major pelvic reconstructive surgery.

Treatment options may include bladder BOTOX® injections, bladder installations, catheterization, incontinence and prolapse surgery, interstim therapy/sacral neuromodulation, lifestyle changes, medical management, pelvic floor rehabilitation/physical therapy, percutaneous tibial nerve stimulation, pessary management and vaginal weight training.

## Obstetrics & Gynecology Services

Dr. Tarek Garas is a member of Watson Clinic's OB-GYN department, one of the largest and most experienced women's health providers in the area. Board-certified in both Obstetrics & Gynecology and Female Pelvic Medicine & Reconstructive Surgery, Dr. Garas offers a complete roster of comprehensive services, including routine gynecologic care, infertility counseling, state-of-the-art ultrasound imagery, high-risk pregnancy care, complex surgical robotic procedures and treatments for urinary and fecal incontinence, pelvic organ prolapse, pelvic pain and sexual dysfunction.

For expectant parents-to-be, Dr. Garas provides all the services needed to ensure a healthy pregnancy and delivery process, and collaborates closely with each additional member of Watson Clinic's OB team to establish a continuity of care regardless of when you arrive at the hospital for your delivery.

## Robotic Surgery

One of the most significant surgical advancements of recent years, robotic technology allows surgeons to perform complex procedures with greater pinpoint accuracy than ever before, and results in smaller incisions, less blood loss and a significantly improved recovery time.

Dr. Garas offers robotic options for hysterectomy, treatment of endometriosis and pelvic pain, pelvic reconstruction, fibroid treatment and other benign gynecologic conditions.

In addition, Dr. Garas uses robotic surgery for pelvic prolapse procedures, affording patients an improved outcome without the use of transvaginal mesh or other supportive devices.



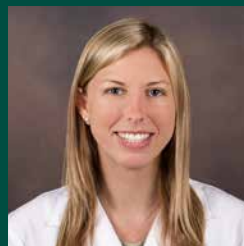
To schedule an appointment with **Dr. Garas** or any of his **Care Team**, please call **863-680-7312**.



### Alicia Belisle, APRN

A highly experienced provider of OB-GYN and Female Pelvic Medicine & Reconstructive Surgery services, Ms. Belisle is proud to offer an additional level of convenience and expertise for patients. Her areas of expertise include

annual exams, contraceptive management, and management of urinary and fecal incontinence and pelvic organ prolapse under the supervision of Dr. Garas.



### Sara Matthews, PA

Sara Matthews is an OB-GYN and Female Pelvic Medicine & Reconstructive Surgery physician assistant. She specializes in annual exams, contraception counseling, abnormal bleeding, menopause symptoms, and the treatment of pelvic pain, pelvic

organ prolapse and urinary and fecal incontinence. These services are performed under the supervision of Dr. Garas.



### Nicole Rule, APRN, PhD

An experienced women's health specialist, Mrs. Rule counsels patients at the Bartow Obstetrics & Gynecology location for nonsurgical gynecologic appointments, and offers an array of services including pap

tests, gynecologic examinations, contraceptive management, pessary management, and pelvic floor rehabilitation. She specializes in the management of urinary and fecal incontinence and pelvic organ prolapse under the supervision of Dr. Garas.