

Pelican Health is a comprehensive pelvic health and continence center.



3100 North 11th Street
Bismarck, ND 58503

(701) 751-2272

www.pelicanhealthclinic.com



Restoring pelvic health with dignity

Our clinic provides a variety of services for comprehensive pelvic and bladder care. We bring together a unique and dedicated team delivering advanced and non-surgical treatment for various pelvic problems:

- Urinary incontinence (bladder-leaking)
- Incomplete bladder emptying
- Urinary frequency and urgency
- Recurrent urinary tract infections
- Pelvic pain
- Pelvic organ prolapse
- Painful bladder syndrome
- Postpartum pelvic floor disorders
- Constipation, diarrhea, and bowel-leaking
- Vaginal dryness



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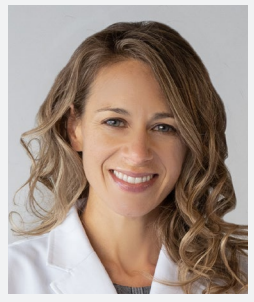
Treatments

Although these conditions are not life-threatening, they may have devastating effects on your quality of life. Our team approach to patient care is guided by concise diagnoses and evidence-based recommendations allowing for the best possible outcomes.

What We Do:

- Assessment and diagnosis of the pelvic floor and bladder
- Use of medications to suppress bladder and bowel urges and decrease leaking and frequency
- Counseling on behavior modifications to suppress bladder and bowel urgency
- Fitting and maintenance of bladder supports for pelvic organ prolapse and/or urinary incontinence
- Delivery of gentle nerve stimulation to decrease urgency
- Vaginal moisturizing recommendations
- Intermittent catheterization support
- Medtronic™ and Axonics™ management
- Urodynamic testing
- Pelvic floor rehabilitation program
- Urinary tract infection prevention

To make an appointment with Pelican Health, call (701) 751-2272



Kendra Roloff is a Doctor of Nursing Practice, board-certified Women's Health Nurse Practitioner, and certified Urology Nurse Practitioner. She has been providing pelvic health care for over 15 years.

Kendra is dedicated to delivering high-quality, dignified care to her patients. She believes empowering individuals through education is the key to success.

Kendra was born and raised in Bismarck, ND. She graduated from Creighton University with a Bachelor of Science, University of Nebraska Medical Center with a Master of Science in nursing, Western Governors University with a Master of Business Administration, and University of North Dakota with a Doctorate. Kendra enjoys spending time with her husband and children. With four young kids, two dogs, and a bird, Kendra's home can get a little wild but she wouldn't want it any other way.



Melanie Schlittenhardt is a Doctor of Nursing Practice and a board-certified Family Nurse Practitioner and Urology Nurse Practitioner. She has over 20 years of clinical practice with the pelvic floor. Melanie's specialty involves diagnosing and treating urinary and

fecal incontinence and includes urodynamic testing, nerve stimulation, and pessary fittings.

Melanie speaks in areas of her expertise on a local and national level. She is a published author in Urologic Nursing and a recipient of the 2020 AANP State Award for Nurse Practitioner Excellence.

Melanie enjoys capturing every fleeting moment with her growing teens. She loves going for adventurous walks with her husband, miniature schnauzer, and an inspiring audiobook.

