



Curriculum Vitae

Denise M. Poulos, M.D., FACOG
(formerly Denise M Elser, MD, FACOG)

PERSONAL DATA

Place of birth: Oak Park, Illinois

Business address: Women's Health Institute of Illinois, LTD
5851 W 95th Street, Suite 300
Oak Lawn, IL 60453
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TITLES: President, Women's Health Institute of Illinois, LTD
Medical Director, Advanced Hemorrhoid Centers, LLC

HOSPITAL AFFILIATIONS

Advocate Christ Medical Center
Oak Lawn, Illinois

Advocate Good Samaritan Hospital
Downers Grove, Illinois

Elmhurst Memorial Hospital
Elmhurst, Illinois

Advocate Lutheran General Medical Center
Park Ridge, Illinois

EDUCATION

Fellowship Training: Urogynecology
Advisor: J. Andrew Fantl, M.D.
Medical College of Virginia
Richmond, Virginia
1992-1994

Internship & Residency: Rush-Presbyterian-St Luke's Medical Center
Department of Obstetrics and Gynecology
Chicago, Illinois
1988-1992

Medical Education:	Rush Medical College Chicago, Illinois Doctor of Medicine 1984-1988
Undergraduate Education:	University of Illinois Urbana-Champaign, Illinois B.S. in Physiology 1980-1984

WORK HISTORY

Current:	Women's Health Institute of Illinois, LTD Oak Lawn, Illinois Urogynecologist President & CEO 2012-Present Advanced Hemorrhoid Centers, PLLC Medical Director 2021-present
Previous:	Illinois Urogynecology, LTD Principal Owner Oak Lawn, Illinois Urogynecologist 2005-2011 Advocate Christ Medical Center Oak Lawn, Illinois Staff Urogynecologist Site Residency Director 1995-2004 Medical College of Virginia Richmond, Virginia 1994-1995

FACULTY APPOINTMENTS

Faculty Instructor
Medical College of Virginia
Department of Obstetrics and Gynecology
1992-1994

Assistant Professor
Medical College of Virginia
Department of Obstetrics and Gynecology
1994-1995

Illinois Urogynecology, LTD
Medical Director
5716 W 95th St
Oak Lawn, Illinois 60453
January 2005-December 2011

Director of Urogynecology
Christ Hospital and Medical Center
Oak Lawn, Illinois
September 1995-December 2004

Program Director - Christ Hospital
UIC/Christ Hospital Affiliated Ob/Gyne Residency
November 1999-November 2001
Assistant Program Director
September 1995- October 1999

Clinical Assistant Professor
University of Illinois, Chicago
September 1995- 2018

LICENSURE

Illinois #036-081009

Indiana #01067712A (inactive)

Arizona #64688

Nevada #58389

CERTIFICATION

National Boards: Parts 1, 2, and 3
Board Certified Obstetrics and Gynecology November 1995
Recertification annually: currently through December 2023

Female Pelvic Medicine and Reconstructive Medicine
Board Certified June 2013
Recertification annually: currently through December 2023

HOSPITAL COMMITTEES

Performance Improvement, Robotics Committee
Advocate Christ Medical Center 2012-2022
Director Robotics PI committee 2017-2022

Co-Director, Robotic Steering committee

Advocate Aurora Health Care
Downers Grove, IL 2016 – 2022

Performance Improvement, Obstetrics and Gynecology department

Advocate Christ Medical Center
Member 1995-2002
Chairman: November 1999-2002

Patient Safety/Risk Management

Advocate Christ Medical Center 1995-2005

Advocate Christ Medical Center Medical Education Fund Chair, Board of Directors 2006-2015

SOCIETIES

Fellow, American College of Obstetricians and Gynecologists

ACOG COMMITTEES:

Committee on Bylaws: 2019-2020

Chair, Ethics Document Review Panel 2019-2020

Committee on Finance: 2018-2019

Committee on Credentials and membership 2017-2018

Clinical Document Review Panel- Gynecology 2015-2018

Committee on Gynecologic Practice 2009-2012

Exec Board Task Force on Document Review 2018-2019

ACOG LEADERSHIP POSITIONS

ACOG, Chair of District Chairs, 2018-2019

ACOG, District VI Chair 2016-2019

ACOG, District VI Treasurer 2010-2013

ACOG, District VI Vice-Chair 2013-2016

ACOG, Illinois Section Chair 2005-2008

ACOG, Illinois Section Vice Chair 2003-2005

American Urogynecologic Society
Appointed: Education Committee 2002-2005

Chicago Urogynecologic Society
President 2007-2010

Chicago Gynecologic Society
President 2010-2011

Society of Gynecologic Surgeons
Membership Committee 2014-2020
Chair: Mentorship program

American Association of Gynecologic Laparoscopists

International Urogynecologic Association

The Urogynecology Network Founding member 2008

CONSULTATION

Food and Drug Administration Panel on Obstetrics and Gynecology Devices Panel
2014 – present.

MENTORSHIP

Surgical Coach: The Academy for Surgical Coaching 2020-present

BOARD MEMBER

Women's Health Foundation: Chicago, Illinois.
Board Member. 2013-2017
Consultant to Executive Board 2017-2019

Illinois Leadership Council- University of Illinois @ Urbana-Champaign
Board member 2016-present

American College of Obstetricians and Gynecologists
Executive Board
2016-2019

PUBLICATIONS

Articles- peer reviewed

Goudelocke C, Sobol J, Poulos D, et al. A MultiCenter Study Evaluating the FREquency of use and Efficacy of a Closed-Loop Wearable Tibial Neuromodulation System for Overactive Bladder and Urgency Urinary Incontinence. *Female Urology*. January 2024. Vol 183. 63-69.

Elser DM. Recognizing and Managing Common Urogynecologic Disorders. *Obstet Gynecol Clin N Am* 44 (2017) 271-284. <http://dx.doi/10.1016/j.ogc.2017.02.011>

Elser DM. Top reasons why you should be a mentor to your Ob Gyn colleagues. *OBG Management*. June 2017. SS10-SS12.

Elser DM. Stress urinary incontinence and overactive bladder syndrome: current options and new targets for management. *Postgrad Med*. 2012 May;124(3):42-9. doi: 10.3810/pgm.2012.05.2547.

Elser DM, Mitchell GK, Miklos JR, Nickell KG, Cline K, Winkler H, Wells WG. Nonsurgical Transurethral Radiofrequency Collagen Denaturation: Results at Three Years after Treatment," *Advances in Urology*, vol. 2011, Article ID 872057, 9 pages, 2011. doi:10.1155/2011/872057

Elser DM; Moen MD; Stanford EJ; Keil K; Matthews CA; Kohli N; Mattox F; Tomezsko J; For the Urogynecology Network. Abdominal sacrocolpopexy and urinary incontinence: surgical planning based on urodynamics. Elser DM – *Am J Obstet Gynecol*- 01-APR-2010; 202(4): 375.e1-5.

Elser DM; Mitchell GK; Miklos JR; Nickell KG; Cline K; Winkler H; Wells WG Nonsurgical transurethral collagen denaturation for stress urinary incontinence in women: 12-month results from a prospective long-term study. *J Minim Invasive Gynecol* – 01-JAN – 2009; (1): 56-62.

Moen MD, Noone MB, Vassallo BJ, Elser DM. Pelvic floor muscle function in women Presenting with pelvic floor disorders. *International Urogynecologic Journal*. March 2009.

Moen MD, Noone MB, Elser DM. National Orifice Hysterectomy. *International Urogynecology Journal*. (2008) 19: 1189-1192.

Elser DM. Stress Urinary Incontinence: What Options Lie Between traditional Therapies and Surgery? *Women's Health* (2007) vol 3. No. 6: 725-733.

Ghoneim G, Elser DM, Freeman R, Van Leeuwen, Ahao YD, Yalcin I, Bump RC. Controlled Trial of Duloxetine Alone, Pelvic Floor Muscle Training (PFMT) Alone, Combined Duloxetine + PFMT, and no Treatment in Women with Stress Urinary Incontinence (SUI). *J Urol* – 01-MAY-2005; 173(5): 1647-53.

Silver MA; Raghuvir R; Fedirko B; Elser D. Systemic hypertension among women with Uterine leiomyomata: potential final common pathways of target end-organ remodeling. *J Clin Hypertens (Greenwich)* – 01-NOV-2005; 7 (11):664-8.

Theofrastous JP; Wyman JF; Bump RC; McClish DK; Elser DM; Bland DR; Fantl JA. Effects of pelvic floor muscle training on strength and predictors of response in The treatment of urinary incontinence. *Neurourol Urodyn* –01-JAN-2002; 21 (5): 486-90.

Gill EJ, Elser DM, Bonidie MJ, Roberts KM, Hurt WG. The routine use of cystoscopy With the Burch Procedure. *Am J. Obstet Gynecol.* 2001; 185:345-348.

Elser DM, Fedirko B. Silver M. Uterine Leiomyomata are a marker for systemic Hypertension. *Obstet Gynecol.* 2001 APR; 97 (4 Suppl 1):S23.

Coates KW, Weidner AC, Cundiff GW, Elser DM, Bump RC and the Continence Program For Women Research Group. Dysfunctional Bowel Symptoms in Women with Urinary Incontinence and Pelvic Organ Prolapse. *Journal of Colorectal Surgery* (submitted 10/99).

Elser DM, London W, Fantl JA, McBride M, Beck RP. A Comparison of Urethral Profilometry using Microtip and Fiberoptic Catheters. *International Urogynecology Journal and Pelvic Floor Dysfunction.* 1999; 10:371-374.

Elser DM, Wyman JF, McClish DK, Fantl JA, Robinson D, and the Continence Program for Women Research Group. The effect of bladder training, pelvic floor muscle training, or combination therapy on urodynamic parameters in women with urinary incontinence. *Neurourology and Urodynamics.* 1999; 18:427-436.

Bump RC, Hurt WG, Elser DM, Theofrastous JP, Addison WA, Fantl JA, McClish DK, Continence Program for Women Research group. Understanding lower urinary tract function in women soon after bladder neck surgery. *Neurourology & Urodynamics.* 1999; 18:629-637.

Theofrastous JP, Wyman JF, Bump RC, McClish DK, Elser DM, Robinson D, Fantl JA and The Continence for Women Research Group. Relationship between urethral and vaginal pressures during pelvic muscle contraction. *Neurourology & Urodynamics.* 1997; 16:553-558.

Elser DM, Fantl JA, McClish DK, and the Continence Program for Women Research Group. Comparison of “Subjective” and “Objective” Measures of Severity of Urinary Incontinence in Women. *Neurourology and Urodynamics* 1995;311-316.

Theofrastous JM, Bump RC, Elser DM, Wyman F, McClish DK, and the Continence Program for Women Research Group. Correlation of urodynamic measures of urethral resistance with clinical measures of incontinence with pure genuine stress incontinence. *Am J Obstet Gynecol* 1995; 173:407-414.

Bump RC, Elser DM, Theophrastus JP, McClish DK and the Continence Program for Women Research Group. Valsalva Leak Point Pressures in Women with Genuine stress incontinence: Reproducibility, Effect of Catheter Caliber and Correlations with other Measures of Urethral Resistance. *Am J Obstet Gynecol* 1995; 173:551-557.

Elser DM, Fantl JA. Cost Controversies: Evaluation and Treatment of Urinary Incontinence in an Elderly Woman. Hospital Physician. 1994;30:44-52

Elser DM, Fantl JA. Pelvic Relaxation of the Anterior Pelvic Compartment. Current Opinion in Obstetrics and Gynecology. 1993;5:446-451.

Articles- other

Elser DM. New Options for Stress Urinary Incontinence. The Female Patient. August 2010. 12A-B.

Elser DM. Stress Urinary Incontinence- What Qualities Do Women Seek in Treatment? Contemporary Ob Gyne April 1, 2010. S1-2.

Book Chapters

Elser DM, Fantl JA. Behavioral Therapy in the Treatment of Urinary Incontinence. In Raz S (ed) Female Urology. Second Edition. WB Saunders, Orlando, 1995.

Elser DM. Use of the vaginal Pessary. In Mann W, Stovall T (eds) Gynecologic Surgery. Churchill Livingstone, New York, 1996.

Elser DM. Colpocleisis. In Mann W, Stovall T (eds) Gynecologic Surgery. Churchill Livingstone, New York, 1996.

Abstracts/Presentations

Drucker A, Elser DM. Confirmatory Latex Allergy Testing in Surgical Patients: Too Rash? AUGS, Las Vegas, NV. October 2013.

Elser DM, Stanford EJ, Moen MD, Keil K, Matthews CA, Mattox F, Kohli N, Tomezsko JT, Abdominal Sacrocolpopexy: Surgical Planning Based on Urodynamics.

- Oral Presentation. Sept 2008. American Urogynecologic Society. Chicago, IL
- Oral Presentation. Sept 2008. International Urogynecological Association. Taipei, Taiwan

Elser DM, To ML, Moen MD, Hanna BA. Analysis of Risk Factors for Ulcer Formation in Postmenopausal Pessary Users.

- Oral Presentation. Sept 2008. American Urogynecologic Society. Chicago, IL

Elser DM, Yune JJ. Evaluation of Essure Hysteroscopic Sterilization Outcomes in a Community Hospital.

- Oral Presentation. Nov 2007. American Association of Gynecologic Laparoscopists. Washington, DC

Elser DM, Mitchell GK. Long-term Durability of Renessa for the Treatment of Female Stress Urinary Incontinence.

- Poster Presentation. Nov 2007. American Association of Gynecologic Laparoscopists. Washington, DC

Elser DM, Tomezsko JE. A Randomized Prospective Comparison of Changing Gloves During Combined Abdominal Pelvic Reconstructive Surgery.

- Oral Poster Presentation. April 2001. Presented at the Society of Gynecologic Surgeons Annual Research Meeting. Orlando, FL

Fedirko B, Elser DM, Silver MA. Uterine Remodeling/Leiomyomata are a marker for Systemic Hypertension.

- Presentation. May 2000. American Heart Association
- Poster Presentation. May 2001. American College of Obstetrics & Gynecology annual meeting

Elser DM, Fantl JA, Beck RP. A Comparison of Urethral Profilometry Using Microtip and Fiberoptic Catheters. Int J Urogynecol 1996;7:285

- Oral Presentation. 1996. AUGS 17th Annual Scientific Meeting

Fink RA, Elser DM, Fantl JA, Toppi KA. Catheterized Post-Void Residual Urine Volumes in Asymptomatic Females. Int Urogynecol J 1996; 7:285

- Oral Presentation. 1996. AUGS 17th Annual Scientific Meeting

Theofrastous JP, Bump RC, Wyman, DK, McClish DK, Elser DM, Robinson D, Fantl JF. Clinical and Urodynamic Predictors of Pelvic Muscle Function

- Oral Presentation. 1996. AUGS 17th Annual Scientific Meeting
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Elser DM, Wyman JF, Robinson D, Fantl JA, Bump RC. Behavioral Therapy in Women with Urinary Incontinence: The Effect on Urodynamic Parameters. Int Urogynecol J 1995;6:304.

- Oral Presentation. 1995. AUGS 16th Annual Scientific Meeting

Bump RC, Hurt WG, Elser DM, Theofrastous, Addison WA, Fantl JA, Wyman JF and McClish DK. Cough Pressure Transmission Ratios Predict Lower Urinary Tract Function in Women Soon After Surgery for Genuine Stress Incontinence (GSI) or Severe Pelvic Organ Prolapse (POP). Int Urogynecol J 1995;6:306.

- Oral Presentation. 1995. AUGS 16th Annual Scientific Meeting

Bump RC, Hurt WG, Elser DM, Theofrastous JP, Addison WA, Fantl JA, McClish D. Reliability of Intraoperative Anatomic, Endoscopic and Urodynamic Measures And their correlation with Postoperative Pressure Transmission after Bladder Neck Suspension Surgery. Int Urogynecol J 1995; 6:301.

- Oral Presentation. 1995. AUGS 16th Annual Scientific Meeting

Fantl JA, Elser DM, Robinson D, McClish DK, Wyman JF, Bump RC. Efficacy of Estrogen Supplementation in the Treatment of Urinary Incontinence. Int Urogynecol J 1995;6:303.

- Oral Presentation. 1995. AUGS 15th Annual Scientific Meeting

Robinson D, Elser DM, McClish DK, Fantl JA. Detrusor Instability: Evidence for Urodynamically Determined Subgroups. Int Urogynecol J 1994

- Oral Presentation. 1994. AUGS 15th Annual Scientific Meeting

Elser DM, Fantl JA, McClish DK. A Comparison of “subjective” and “objective” measures of severity of urinary incontinence in women. Int Urogynecol J 1994

- Oral Presentation. 1994. AUGS 15th Annual Scientific Meeting

Bump RC, Elser DM, McClish DK. Valsalva Leak Point Pressures (VLPP) in Women with GSI. Int Urogynecol J 1993;4:387.

- Oral Presentation. 1993. AUGS 14th Annual Scientific meeting
- Oral Presentation. 1993. International Continence Society

Elser DM, Brubaker LT. Hysterectomy for Genital Prolapse: A Ten-Year Review of Clinical Practices. Int Urogynecol J 1992;3:263

- Oral Presentation. 1992. AUGS 13th Annual Scientific Meeting

Co-investigator: Clinic tolterodine once-daily: superior efficacy and tolerability in the treatment of the overactive bladder. Van Kerrebroeck P - Urology - 01-MAR-2001; 57(3):414-21.

RECENT RESEARCH:

GTx ASTRID Study Protocol The ASTRID (Assessing Enobosarm for Stress Urinary Incontinence Disorder): Investigator 2017-2019

SOLACE: A Randomized Controlled Trial (RCT) of the Vesair™ Bladder Control System For the Treatment of Stress Urinary Incontinence Investigator 2016-2018

HOWTO: A prospective feasibility study evaluating a HOme Wearable Tibial nerve stimulation device on patients with Overactive bladder (OAB) 2019-2021

FREEOAB: A prospective efficacy study comparing FREquency of use and Efficacy of a personalized surgery-free wearable and personalized bladder modulation system with objective confirmation of nerve activation for use in the home by subjects with OverActive Bladder syndrome (FREEOAB) 2021-2023

REDUCE OAB; A prospective sham-controlled safety and efficacy study of a smart, self-adjusting surgery-free wearable bladder modulation and digital health system with objective confirmation of nerve activation for use in the home by Subjects with overactive bladder syndrome, “REDUCEOAB”. 2021-2023

