

DR. NEERAJ KOHLI

A PIONEER IN WOMEN'S PELVIC HEALTH

Dr. Neeraj Kohli, a name synonymous with innovation and patient-centered care, stands at the forefront of women's pelvic health. In a recent interview with *Top Doctor Magazine*, Dr. Kohli shared his journey, philosophy, and groundbreaking approaches to treating complex conditions. From his early academic pursuits at Harvard to his current private practice, Dr. Kohli's dedication to improving women's lives is palpable.

A JOURNEY ROOTED IN EXCELLENCE

Dr. Kohli's path to becoming a leading urogynecologist was paved with academic rigor and a relentless pursuit of knowledge.

His journey into the field of urogynecology started with his acceptance into a prestigious six-year medical program at Boston University and subsequent Ob-Gyn residency at Harvard. His dedication to learning didn't stop there. Dr. Kohli later earned an MBA from the Kellogg School of Management

Executive Program at Northwestern University, a testament to his commitment to understanding the complexities of healthcare management. His academic journey led him to a pivotal role as the Founder and Division Chief of Urogynecology at Brigham and Women's Hospital. Here, he started the first Fellowship in Urogynecology at a major Harvard teaching hospital, training the thought leaders of tomorrow.

He recalled how he had the chance to start that division, emphasizing the opportunity to build a program from the ground up. However, his desire to offer patients the most cutting-edge technologies led him to make a bold move.

"I wanted to offer my patients some of the most advanced cutting-edge treatments in the world," he explained, ultimately leading him to establish his private practice dedicated to providing cutting-edge care for complex pelvic floor conditions.





CHALLENGING THE TRADITIONAL SYSTEM

Dr. Kohli's approach to patient care is rooted in a philosophy that challenges the traditional medical model of symptomatic treatment.

He believes in addressing the root cause of a patient's symptoms, rather than simply treating the surface-level issues.

"If a woman has a recurring bladder infection, we want to treat it, but the priority should be finding out why she keeps having those bladder infections and prevent rather than treat," he further explained.

He also identifies underserved patient populations, particularly those with pelvic pain and postpartum pelvic floor dysfunction.

"These are patients who slip through the cracks because the current system just isn't well designed," he explained. He and his team have developed specialized programs, such as 'Beyond Baby,' to address the unique needs of these women.

The American College of Obstetrics and Gynecology (ACOG) has designated the "fourth trimester" as a time where a woman can go through significant postpartum changes with increased risk of pelvic floor conditions related to childbirth, including overactive bladder, urinary and fecal incontinence, pelvic prolapse, pelvic pain, and pain with intercourse. Many women are told it is a normal part of the childbirth process, and it should improve with time. Few are offered an appropriate diagnosis and treatment, and it can take months to see a urogynecologist when prompt treatment is critical. 'Beyond Baby,' the first of its kind program in the U.S., offers patients quick diagnosis and cutting-edge treatments during this critical postpartum period.

"You don't want something as special as childbirth to be something that's complicated by debilitating and embarrassing conditions, which can often be treated. You want it to be a wonderful thing," Dr. Kohli passionately stated.

INNOVATION AND ADVANCED THERAPIES

Dr. Kohli's commitment to innovation is evident in his exploration of advanced therapies. He emphasized the importance of staying abreast of the latest research and technologies throughout the world.

"I love being an educator, but I love being a student even more because I'm continuously learning," he said.

He travels extensively, attending conferences and collaborating with colleagues worldwide to bring the most effective treatments to his patients. He highlighted the use of growth factors and energy-based therapies as promising alternatives to traditional medical and surgical interventions.

"The newest concepts are using growth factors and energy based therapies," he explained, citing examples of successful treatments for lichen sclerosis and pelvic pain.

He also discussed the potential of platelet rich plasma (PRP) therapy for treating recurrent UTIs and interstitial cystitis.

"We offered PRP therapy to one of our patients who has seen massive success with this specific therapy after decades of suffering. It essentially took care of the problem, and now she only has to come in every 6 months to a year for the therapy," he shared.

A GLOBAL IMPACT

Dr. Kohli's influence extends far beyond his Boston practice. He is a sought-after speaker and educator, sharing his expertise with physicians worldwide and forging strong connections with colleagues in India, where he speaks regularly.

"They invited me to give some educational talks, which were very well received. Not only am I able to utilize my knowledge through educating and spreading new ideas and technologies, but I'm also learning so much from the other physicians and medical professionals I'm coming in contact with," he explained.

A CATALYST FOR CHANGE IN WOMEN'S HEALTHCARE

Dr. Neeraj Kohli's story transcends the typical narrative of a successful physician. It is a testament to the power of intellectual curiosity, a relentless pursuit of innovation, and an unwavering commitment to patient-centered care. His journey, marked by academic excellence at prestigious institutions like Harvard and Northwestern, is not merely a chronicle of professional achievements but a roadmap for transforming the landscape of women's pelvic health.

Dr. Kohli's decision to depart from the traditional academic path to establish his private practice was a pivotal moment, signaling a desire to break free from the constraints of conventional medicine. It was a calculated risk, driven by a profound belief in the potential of emerging technologies and a deep-seated empathy for patients whose needs were not being adequately met. This move allowed him to become a conduit for cutting-edge therapies, bridging the gap between global research and local patient care. He transformed his practice into a hub for innovation, where the latest advancements in regenerative medicine and energy-based therapies are seamlessly integrated into traditional patient treatment plans.

His philosophy of "root cause, not symptomatic improvement" is more than just a catchy phrase; it's a paradigm shift. It challenges the prevailing medical model, which often prioritizes quick fixes over long-term solutions. By focusing on the underlying causes of pelvic pain, bladder dysfunction, and postpartum complications, Dr. Kohli offers his patients a chance at genuine and lasting recovery. He empowers them to reclaim their lives, transforming experiences of chronic suffering into narratives of resilience and hope.





The impact of Dr. Kohli's work extends beyond the walls of his clinic. He is a tireless advocate for underserved patient populations, particularly women experiencing postpartum pelvic floor dysfunction and chronic pelvic pain. His dedication to global collaboration underscores his vision of a world where medical knowledge is shared freely and readily. His extensive travels and international collaborations have enriched his practice and facilitated the dissemination of innovative techniques to physicians across the globe. He exemplifies the power of cross-cultural exchange in advancing medical science and improving patient outcomes.

Looking ahead, Dr. Kohli's work serves as a beacon of hope for women facing complex pelvic health challenges. His commitment to ongoing research and development ensures that his practice will remain at the forefront of medical innovation. He is not just a doctor; he is a catalyst for change, inspiring a new generation of physicians to embrace a more holistic, patient-centered approach to healthcare. His legacy will be measured not only by the lives he has transformed but also by the lasting impact he has had on the field of urogynecology. He has shown that by challenging conventional wisdom, embracing innovation, and prioritizing patient needs, it is possible to redefine the boundaries of medical care and create a future where all women have access to the highest quality, most effective treatments available.

Dr. Kohli's message to patients is one of hope and empowerment.

"There's always help. Keep looking for a doctor willing to listen, look for the root cause, and think outside the box with respect to diagnosis and treatment. Most importantly, never give up," he encouraged.

Learn more about Dr. Neeraj Kohli and his practice, Boston Urogyn, by visiting his website at bostonurogyn.com.