

FOR IMMEDIATE RELEASE
May 15, 2026

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WATSON CLINIC SPECIALISTS FIRST IN AREA TO OFFER GROUNDBREAKING INCONTINENCE TREATMENT

Lakeland, FL — Tens of millions of adults in the United States suffer from bladder control issues, otherwise known as urinary incontinence. This common condition can severely impact a person's quality of life, and their ability to function productively on a daily basis.

Altaviva™ is a breakthrough implantable tibial neuromodulation system approved for the treatment of urge urinary incontinence. The procedure utilizes a small device that is implanted near the ankle using a tiny 2 cm incision. The system is equipped to deliver therapeutic stimulation therapy to the tibial nerve, which vastly reduces the symptoms associated with the condition.

Tarek G. Garas, MD, FACOG, FACS, a board-certified Urogynecology and Reconstructive Pelvic Surgeon who treats patients from the Watson Clinic Bella Vista Building at 1755 N. Florida Ave. in Lakeland, and Watson Clinic Bartow Building B at 2000 Osprey Blvd, Suite 201, in Bartow, and Urology specialist **Genesis Nieves, MD**, a Urology specialist who treats patients from Watson Clinic Main at 1600 Lakeland Hills Blvd. in Lakeland, and the soon-to-be-opened Watson Clinic Parkway Medical Center at 4060 Lakeland Highlands Road in south Lakeland, are the first specialists in the area to offer this exciting outpatient procedure.

"Altaviva™ is a simple outpatient procedure that is minimally invasive, starts working right away, and allows patients to return home the same day," says Dr. Garas.

"By regulating the communication between the brain and bladder, the device makes it possible for patients to live their lives free from the constant and uncontrollable urge to urinate," reports Dr. Nieves.

The procedure is performed at both the Watson Clinic Surgery Center at 1315 N. Florida Ave. in Lakeland, and the forthcoming Watson Clinic Surgery Center South at 4050 Lakeland Highlands Rd. in south Lakeland.

Call 863-680-7312 or visit WatsonClinic.com/Garas to schedule a consultation with Dr. Garas. To schedule a consultation with Dr. Nieves, call 863-680-7300 or visit WatsonClinic.com/Nieves.

About Watson Clinic: As one of the largest multispecialty medical clinics in the southeast, Watson Clinic provides comprehensive healthcare services to residents of Lakeland and surrounding communities. First established in 1941, Watson Clinic has grown to include over 200 board-certified physicians representing more than 40 medical and surgical specialties. The Clinic is proud to deliver quality healthcare to every generation from our Main Clinic location at 1600 Lakeland Hills Boulevard in Lakeland, as well as 18 additional convenient locations throughout Polk, Pasco and Hillsborough counties. More information is available at WatsonClinic.com, or follow us on [LinkedIn](#), [Facebook](#), [Instagram](#), [X](#) and [TikTok](#).

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