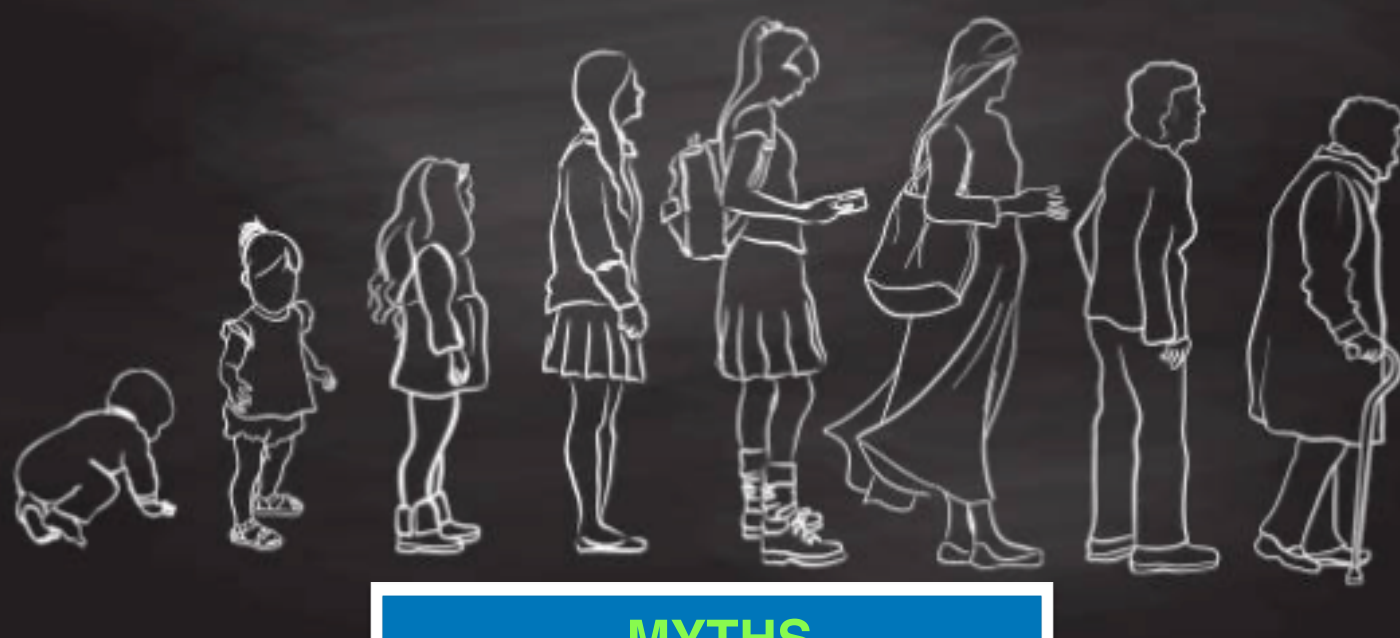


# Urinary Incontinence



## MYTHS

- It is part of being a woman
- It is a normal part of aging
- It is hereditary – my mom had it, and so will I
- I could have stopped it
- There is nothing that can be done for it

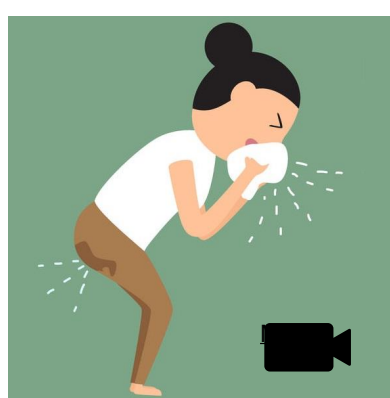
## TYPES OF INCONTINENCE

Urinary incontinence is a problem with the loss of control over urination. There are two main types:

- **Stress Urinary Incontinence (SUI)** a small to moderate amount of urine is released, without control. This happens when you cough, sneeze, or laugh.
- **Urge Urinary Incontinence (UUI) or Overactive Bladder (OAB)** a sudden, uncontrollable need to urinate. Leaks may be moderate to large.
- **Overflow Incontinence** - Continuous dribble of Urine

## WHAT IS STRESS URINARY INCONTINENCE (SUI)?

Stress Urinary Incontinence, or SUI, is when urine leaks out. It's caused by sudden pressure on the bladder and urethra.



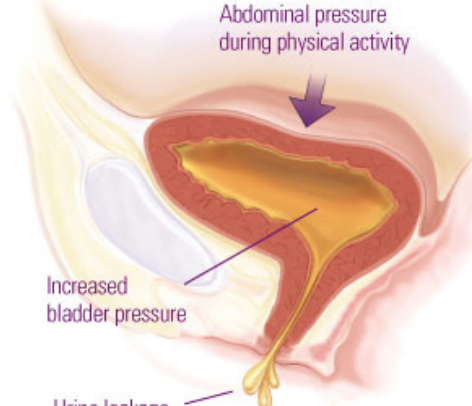
The pressure causes the sphincter muscles to open briefly. When they open it causes urine to leak. With mild SUI, pressure may be from sudden forceful actions, like workouts, sneezing, laughing or coughing.

More severe SUI is when you leak while doing less forceful actions such as standing up, walking or bending over.

Urinary “mishaps” like this can be a few drops of urine, or enough to soak through your clothes creating social embarrassment

## WHAT CAUSES SUI?

- \* Females are more likely to get SUI
- \* Pregnancy and giving birth
- \* Nerve wounds to the lower back
- \* Smoking (which leads to coughing)
- \* Life-long Chronic cough
- \* Being overweight
- \* Long Standing Steroids



These most common risk factors for SUI



Childbirth



Age



Menopause



Obesity



Heavy Exercise

## WHAT ARE THE SYMPTOMS OF SUI?

The main symptom of SUI is when urine leaks out during any action that puts pressure on your belly. These leaking “mishaps” can be a few drops to enough to soak through clothes.



Minimal,  
Managed  
Socially



Gross,  
Difficult to  
Manage  
Socially



Gross, Difficult  
to Manage  
Socially and  
scary Nights

## HOW IS SUI TREATED?

### Lifestyle Changes and Products:

Making a few changes in your everyday life can help SUI symptoms. You can:

- Weight Reduction
- Stop smoking (to help you cough less)
- Keep yourself healthy.
- Exercises,
- Bladder training to schedule bathroom visits,

### Pelvic Floor Muscle Exercises (Kegels):

Daily Kegels are proven to strengthen your pelvic floor. This helps support the bladder and other organs. It's of great value to do Kegels the right way and often.

### Absorbent Products:

As a quick-fix, or long-term choice, absorbent pads are a choice if leaks are not a major problem in your life. They come in many shapes and forms. They can be pads, or pull-on briefs.

### Medical Devices for Women:

If your pelvic floor muscles are weak, a tool may be used to help with symptoms.

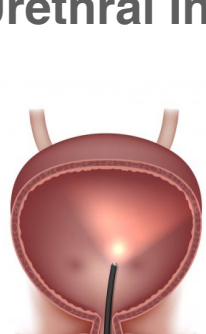
### Vaginal Pessairies:

A vaginal pessary is a firm yet flexible tool that is put into the vagina. It repositions and supports the urethra and/or uterus. There are many kinds that can be either re-used or thrown away. Pessaries are often safe, with a small risk of infection. If you use a pessary, set a plan to visit your healthcare provider. That way it can be checked, cleaned and refitted as needed.

### Surgical Treatment:

If surgery is needed, there are many choices. Learn the risks and benefits, and what to expect during and after surgery before you decide. Aim to work with a urologist with knowledge in SUI surgery.

### Urethral Injections / Bulking Agents:



Urethral shots are used to “bulk up” the urethra. “Bulking agents” are put into the urethra and bladder sphincter to help the way the sphincter closes the bladder. This treatment may not have long lasting results, and may need to be repeated over time.

### Sling:

The most common surgery for SUI in women is “sling” surgery. A small strip of matter (a sling) is placed under your urethra to stop it from moving downward during actions. It acts as a hammock to support the urethra and the neck of the bladder. There are many types of slings. The midurethral sling is most common. This is a thin strip of man-made mesh, placed under the urethra. The traditional sling (autologous) is when a strip of your own tissue is taken from the lower belly or thigh and used as a sling.



### Bladder Neck Suspension:

Is also called Retropubic Suspension, Colposuspension, or Burch Suspension. In this surgery, stitches are placed in the tissue along the bladder neck and urethra. They are attached to a section along the pubic bone. This supports the urethra and sphincter muscles to stop them from moving downward and opening by mistake.

### Drugs:

Some drug prescribed by doctors are helpful like Duloxetine

### Sling Surgery

