

URINARY INCONTINENCE

STRESS

SYMPTOMS

- Leaking with cough, sneeze, position changes, sex, exercise

CAUSES

- Weak pelvic floor muscles
- Childbirth
- Obesity
- Prolapse (dropped bladder)
- Torn sphincter muscle
- Genetic predisposition

TREATMENT

- Pelvic floor physical therapy (PFT)
- Kegel exercises
- Weight loss
- Pessary

SURGICAL OPTIONS

- Bladder sling or Solyx “mini-sling”
- Natural tissue sling (your own tissue)
- Burch bladder suspension
- Urethral bulking agent

URGE

SYMPTOMS

- Uncontrolled urge to urinate
- Frequency
- Nighttime urination
- Large urine leak volume

CAUSES

- Tight pelvic floor muscles
- Caffeine
- Obesity
- Overactive bladder
- Menopause
- Diabetes

TREATMENT

- Pelvic floor physical therapy (PFT)
- Bladder training program
- Dietary modifications
- Fluid limitations
- Weight loss
- Avoid triggers- caffeine, alcohol, stress

MEDICATIONS

- Vaginal estrogen cream
- Anti-spasm (Ditropan®, Detrol®, Vesicare®)
- Beta Agonist/antispasm- Myrbetriq®

PROCEDURES

- Botox® bladder injections
- Sacral nerve stimulation (Interstim®)
- Posterior tibial nerve stimulation (PTNS)