

Advanced Care for Female Urinary Incontinence:

Class summary

1. Introduction

A. Goals of Class

- Review normal urinary tract anatomy and function
- Understand Overactive Bladder (OAB) Symptoms
- Understand the different types of incontinence and identify which type you have
- Learn practical strategies to self-manage urinary symptoms and incontinence
- Learn about medical and surgical treatment options for OAB symptoms and incontinence
- Learn about available local resources to assist you manage your problem and improve the quality of your life

B. Definition of Incontinence

- Involuntary loss of urine which is felt to be a problem to the person experiencing it.

C. Impact

- Incontinence is NOT a normal outcome of aging
- Incontinence affects millions of Americans
- More than 75% of patients with incontinence improve using non-surgical techniques

2. Types of Urinary Incontinence

A. Stress Incontinence

- The involuntary loss of urine during activities that increase abdominal pressure, such as laughing, coughing, sneezing and lifting

B. Urge Incontinence

- The involuntary loss of urine associated with an abrupt and strong desire to void

C. Mixed Incontinence

- A combination of stress and urge incontinence

3. Causes of Urinary Incontinence

A. Pelvic Floor Muscle Weakness

- The pelvic floor muscles support the bladder, urethra, and other pelvic organs, and are the sphincters that control urination and defecation. Weakness is often due to:
 1. Childbirth
 2. Obesity
 3. Genetics
 4. Heavy Lifting
 5. Chronic Cough
 6. Prior Pelvic Surgery

B. Dietary Factors

- Caffeine
- Alcohol
- Dehydration
- Acidic foods
- Spicy foods

C. Estrogen Deficiency

- Loss of urethra wall thickness and ability to make a water tight seal

D. Medications

E. Other Medical Conditions

- Constipation
- Bladder infection
- Swelling in the legs
- Diabetes
- Neurological conditions: stroke, Parkinson's, multiple sclerosis

F. Pelvic prolapse

4. Treatment of Urinary Incontinence

A. Behavioral Techniques for urge and stress urinary incontinence

- Pelvic floor exercises

- Bladder retraining
- Dietary changes
- Weight Loss

B. Urge incontinence

- Medications
 1. Pills or patches
 2. Vaginal estrogen supplementation
- Surgery
 1. Bladder Botox injections
 2. Posterior tibial nerve stimulation
 3. InterStim

C. Stress urinary incontinence

- Peri urethral injections
- Mid urethral sling

5. What's next?

- A. Complete urinary incontinence questionnaires
- B. Complete bladder diary
- C. Review incontinence links on My Doctor Online
- D. Attend the Self-Care for Women Urinary Incontinence Class, if needed and desired. You may directly book this class by contacting the Department of Gynecology at 393-4081.
- E. Start self-care measures, if desired
- F. Make a follow-up appointment with Urology if you are interested in exploring one or more of your medical and/or surgical treatment options. Please call 393-4064 to schedule your appointment.