

# Urinary Incontinence

## The Basics

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# Urinary Incontinence

A condition in which the involuntary loss of urine is a social or hygienic problem and is objectively demonstrable

-ICS

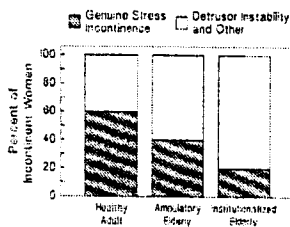
# UI – Perspective

- Increasingly older population
- Longer life-expectancy
- Associated with aging, but not a normal consequence of aging
- Quality of life
- Potentially socially isolating
- \$20 billion annually – mostly routine hygiene

# Epidemiology

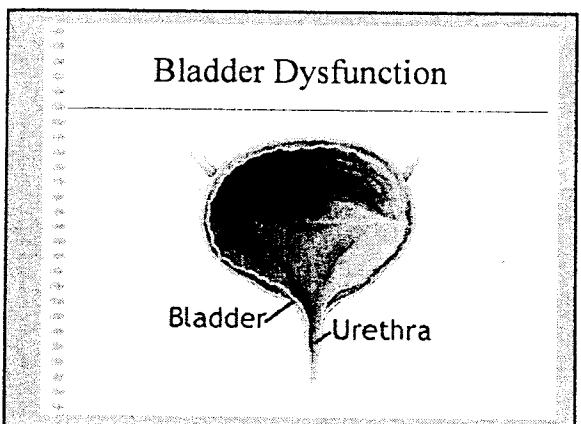
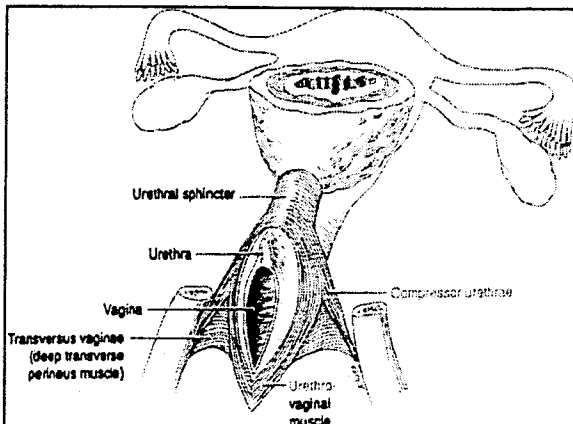
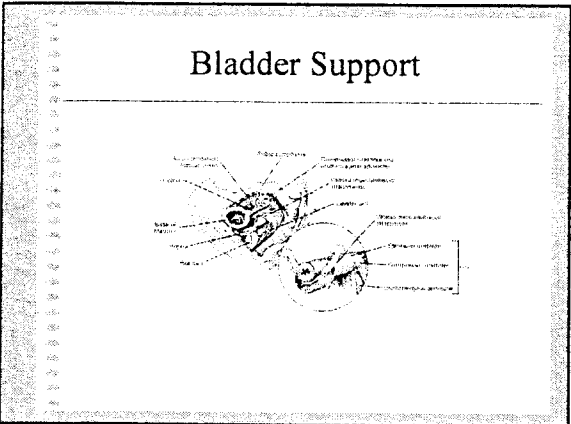
- Prevalence of frequent urinary incontinence is 3-14% for community dwelling women
- Prevalence of urinary incontinence in older women is 20-40%
- Prevalence of urinary incontinence is 40-70% in women living in nursing homes

# Type of incontinence varies with age



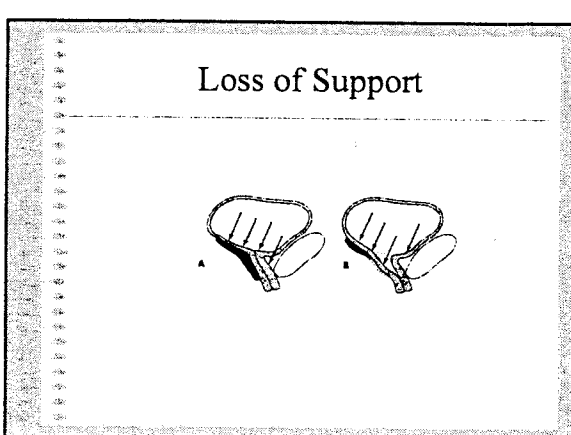
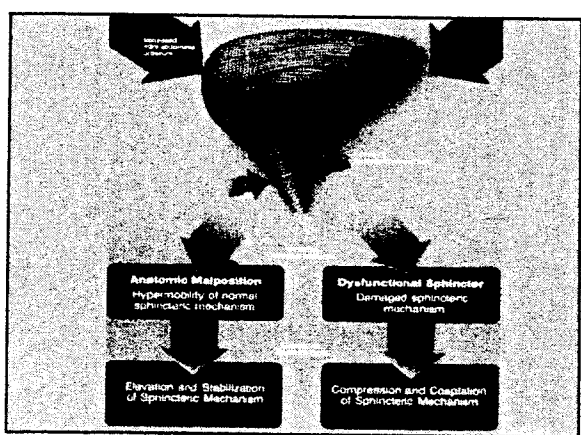
# Risk Factors

- Age
- Sex
- Smoking
- Obesity
- Menopause
- Pregnancy



### Genuine Stress Incontinence

- Involuntary loss of urine that occurs when, in the absence of a detrusor contraction, intravesical pressure exceeds maximum urethral pressure



## Over flow Incontinence

- Involuntary loss of urine associated with overdistention of the bladder and spill over

## Evaluation

- History
  - description of incontinence
  - 24 hour voiding diary
  - medical history
    - diabetes
    - back issue
    - neurological issues
  - surgical history

- Do you leak when you cough, sneeze or laugh?
- Have you ever had bladder, urine, or kidney infections?
- Are you troubled by pain or discomfort when you urinate?
- Have you had blood in your urine?
- Do you find it hard to begin urinating?
- Do you have a slow urine stream or have to strain to pass your urine?
- After you urinate, do you have dribbling or a feeling that your bladder is still full?

- Do you ever have such an uncomfortable strong need to urinate that if you don't reach the toilet you will leak? If yes, do you ever leak before you reach the toilet?
- How many times during the day do you urinate?
- How many times do you wake up at night to void?
- Have you wet the bed in the past year?
- Do you develop an urgent need to urinate when you are nervous, under stress, or in a hurry?
- Do you ever leak during or after sexual intercourse?
- Do you find it necessary to wear a pad because of your leaking?
- How often do you leak?

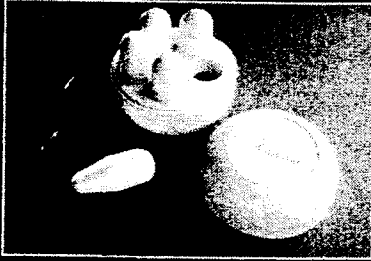
## Evaluation

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## Evaluation

- Obstetrical history
- Medications

## Vaginal Cones



- Weighted cones placed in the vagina
- Provide assistance with Kegel Exercises

## Treatment

- Behavioral modification
- Pelvic floor exercises
  - Kegels
  - Physical therapy
  - Vaginal cones
  - Biofeedback
- Electrical Stimulation

## Electrical Stimulator

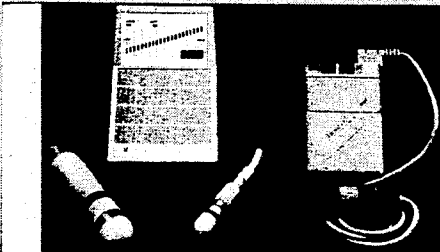


Figure 8.4 Two examples of commercially available electrical stimulators: the Microgyn II (Hollister), which can be used for vaginal or rectal electrical stimulation, and the Inmove transvaginal electrical stimulator (Empi Corporation).

## Treatment - stress incontinence

- Pessaries
- Urethral Plugs
- Surgeries
  - urethropexy
  - sling
  - Collagen

## Incontinence Ring



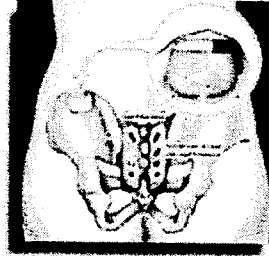
Silicone Incontinence Ring

## Treatment - stress incontinence

- Pessaries
- Urethral Plugs
- Surgeries
  - urethropexy
  - sling
  - Collagen

## Treatment - urge incontinence

- Timed Voiding
- Bladder Retraining
- Medications
  - Detrol
  - Ditropan
  - Vesicare
  - Enablex
  - Sanctura
- Interstim



MY BUTT  
HURTS !!!

What??

