

# Latest Treatments for a Leaky Bladder

Jeremiah McNamara, MD, FACOG  
Boulder Women's Care  
303-622-5648



Boulder Community Health



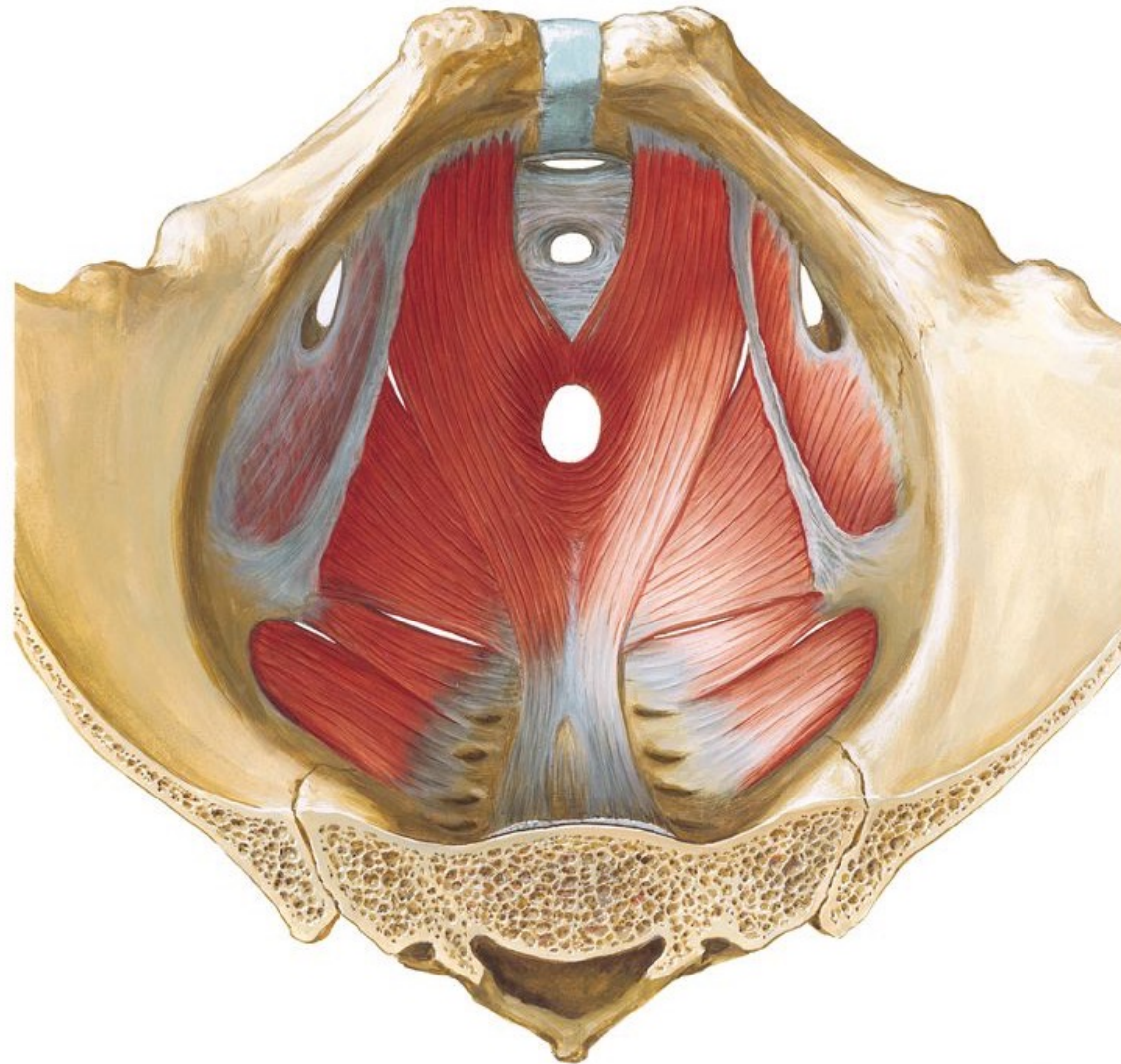
# Boulder Women's Care

- None

- The Big Issue:
  - Pelvic Floor Dysfunction
- Primary Problems:
  - **Prolapse**
  - **Urinary issues**
  - Bowel issues, Pelvic pain
- For each:
  - Who is at risk?
  - How does it show up?
  - What are the treatments?
    - Lifestyle → Conservative → Procedures

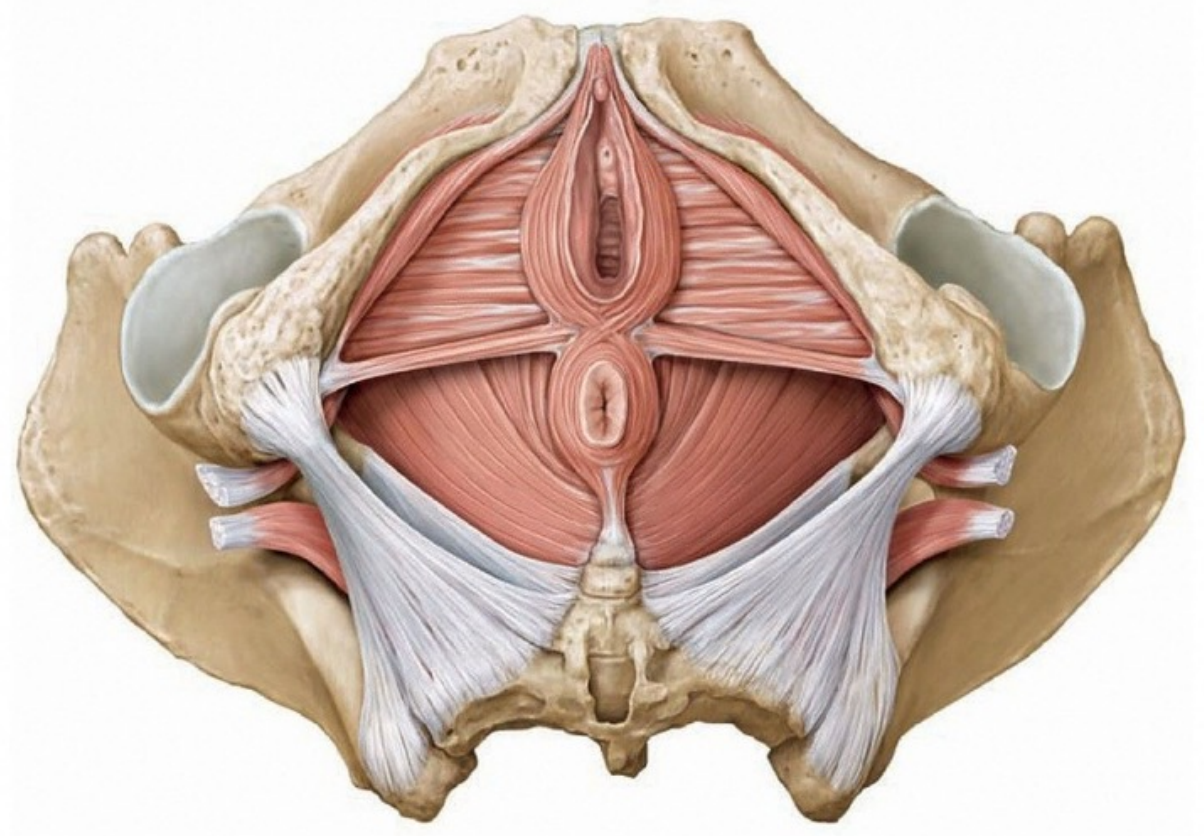
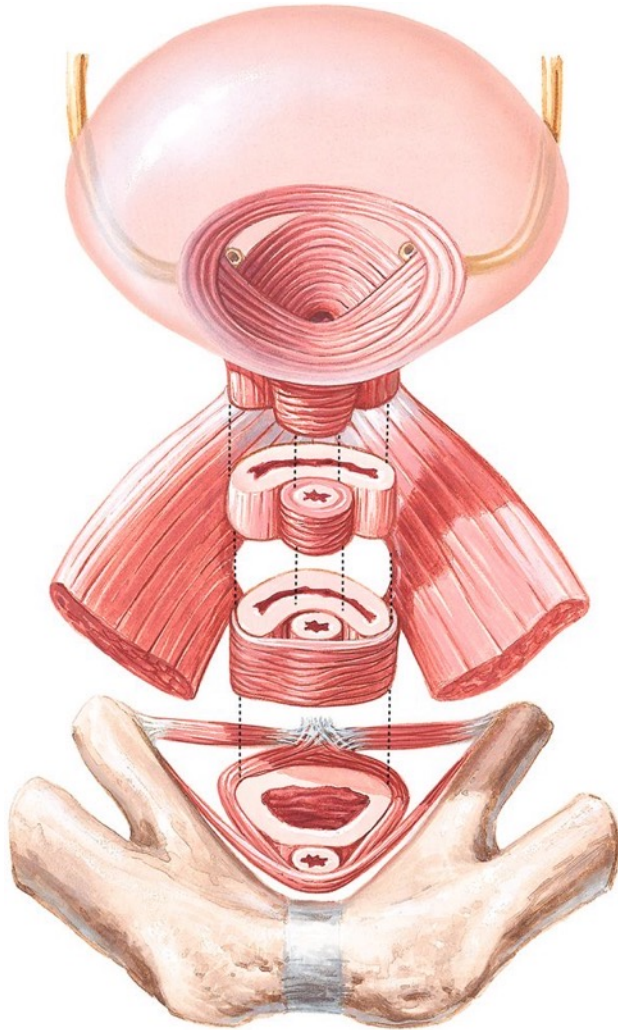


# The Pelvic Floor



“Symptoms that arise out of ***weakness, spasm, or discoordination*** of the structures that make up the “**Pelvic Floor**” – A complex association of many muscles, the connective tissues that anchor them to the bony pelvis, and the organs that they hold in place.”

# The Pelvic Floor





- **Pelvic Floor Dysfunction - Affects 1 in 4 women**
- **50% of women over 50** live every day with one or more of these problems
  - **Most Common: Stress Urinary Incontinence (SUI)**
  - **1 in 3 of those women** with urinary incontinence have some degree of bowel dysfunction
- **60%** of nursing home occupants suffer from daily fecal and/or urinary incontinence
- **20% lifetime risk of needing surgery** for prolapse or incontinence
  - Surgical repair of prolapse is **the most common surgery** performed in women older than 70
- **Thousands upon thousands** of dollars per year spent on pads and other products.

It is **VERY** common.  
Many are suffering silently with it.

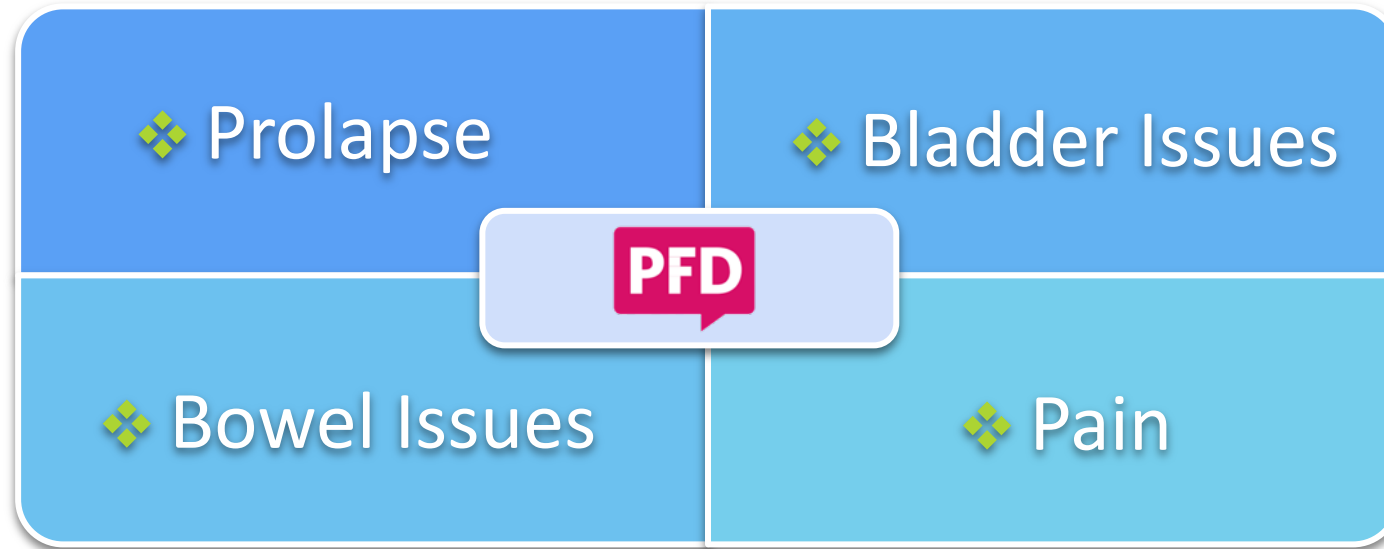


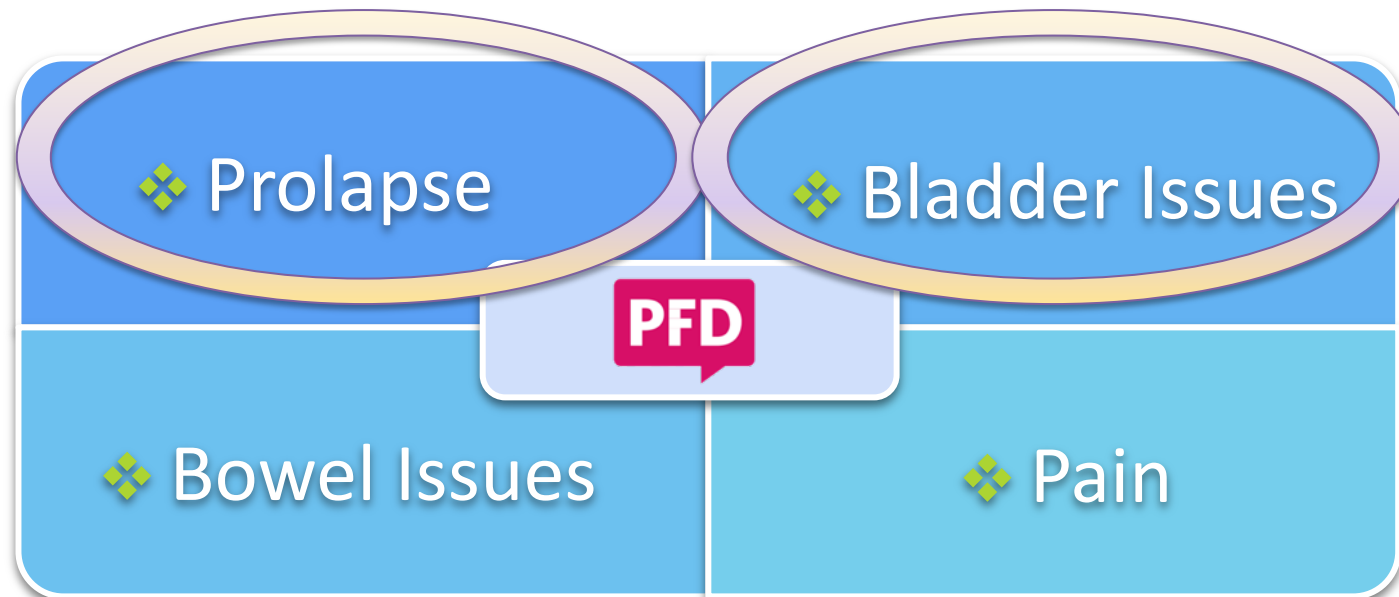
# Voices for PFD

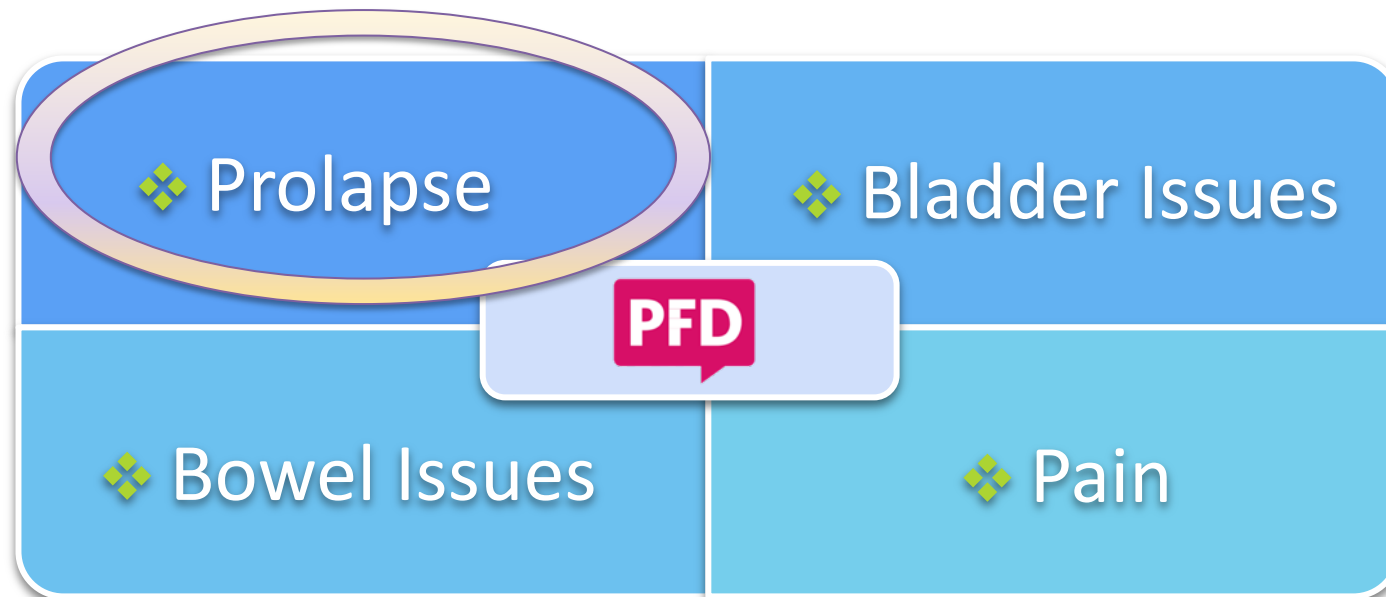
"I've had these symptoms for years... but didn't really know there was anything to do about them..."

"I get it... I had had a couple kids - I assumed that some of this was just part of the deal..."

"I enjoy sex with my partner, but honestly it *is* a little painful most of the time, has been that way for years."

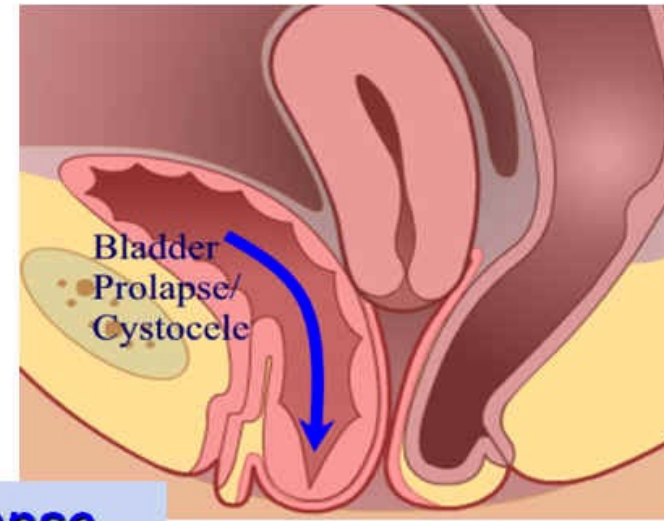
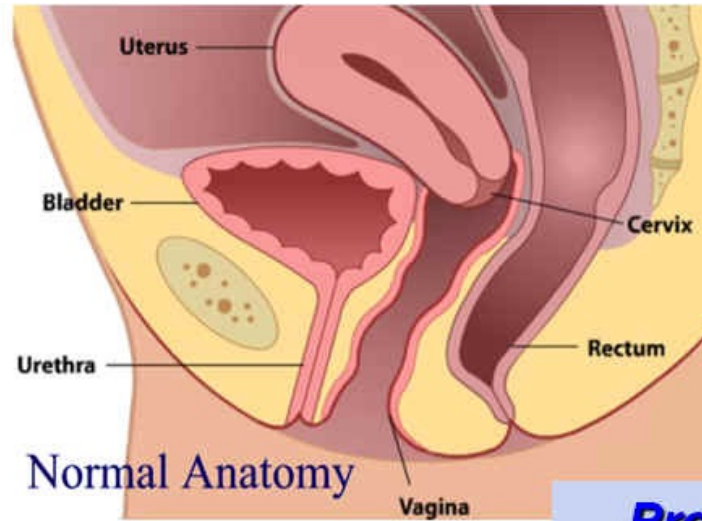




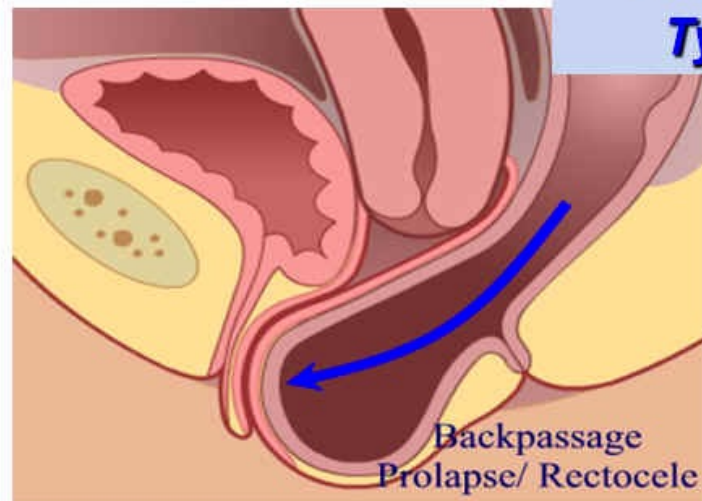




# Video: Pelvic Floor Support & Prolapse

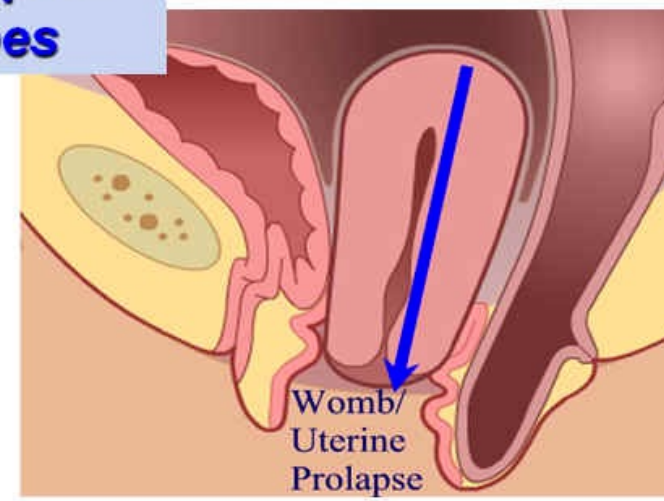


“Cystocele”



“Rectocele”

**Prolapse Types**



“Uterine Prolapse”

## Risk Factors

- ***Some we have control over.***

- Obesity
  - BMI > 25 means you double your risk
- Sedentary lifestyles
- Chronic constipation
- Chronic cough (ie: smoking)

- ***Some we don't.***

- Age (menopause, lack of estrogen)
- Pregnancies
  - Vaginal > Cesarean (big babies not well correlated, CS not completely protective)
- Hysterectomy
  - Unclear risk of apical/vault prolapse many years later

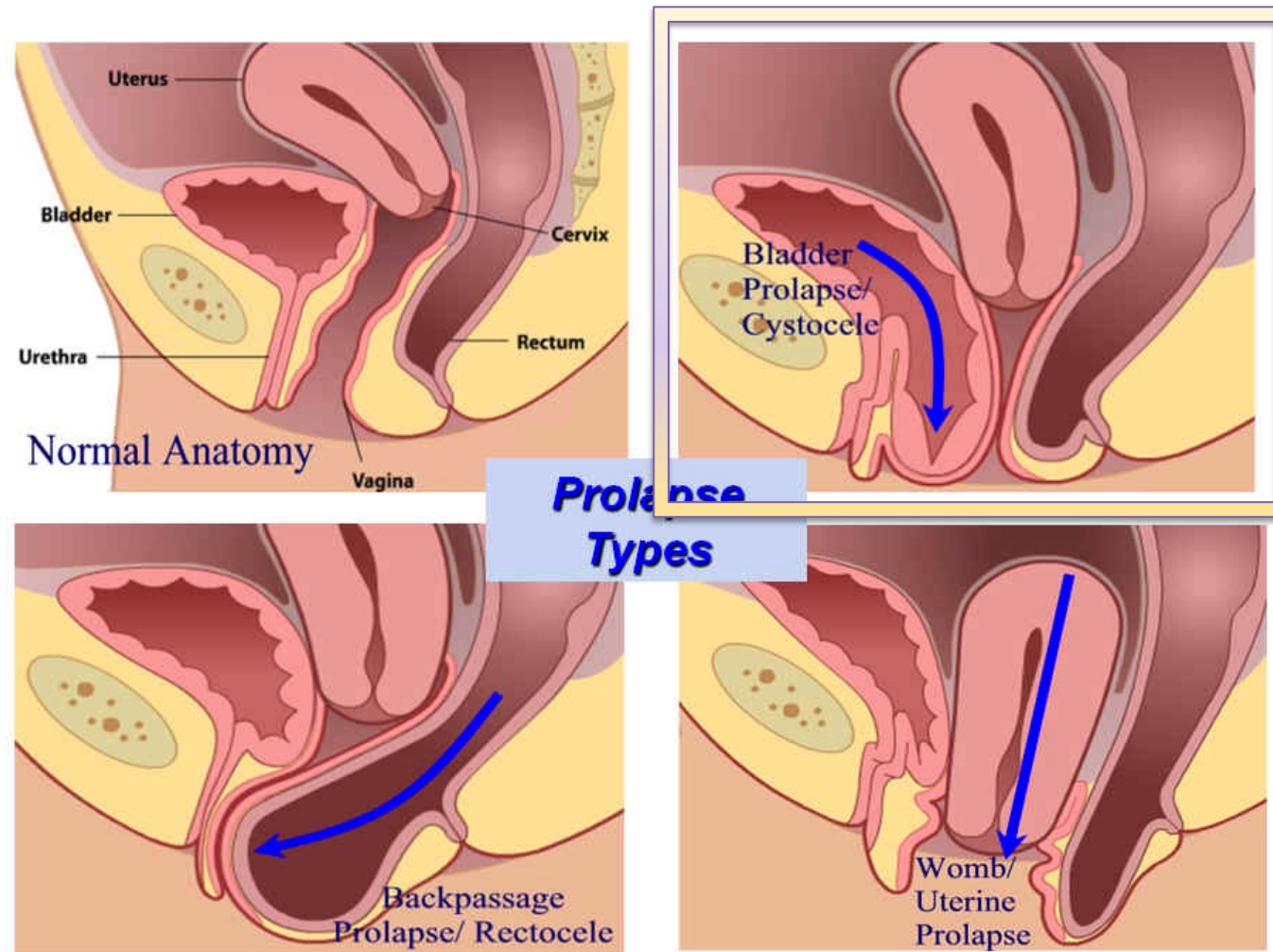
**1. Bulge** (vaginal fullness/pressure)

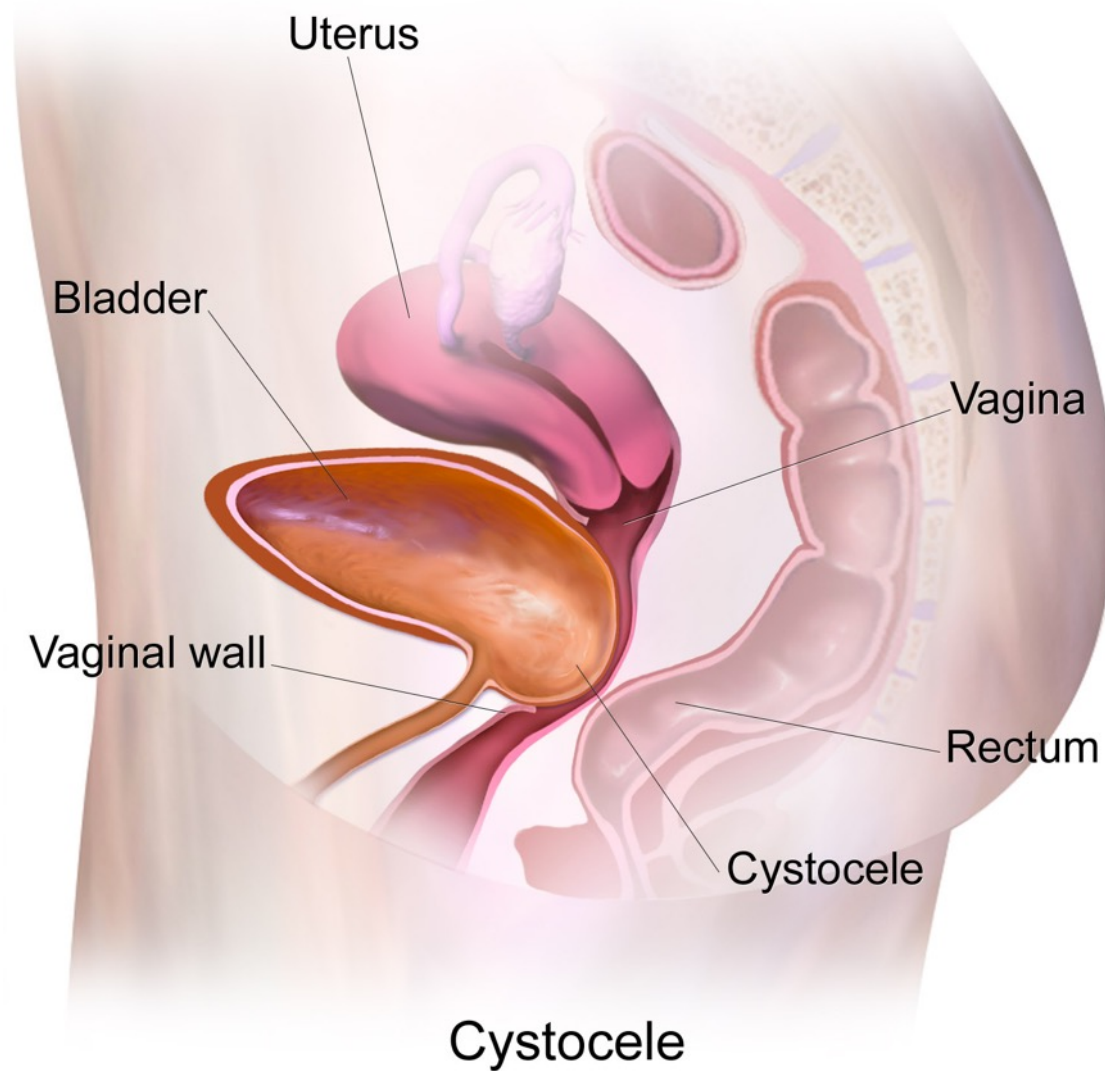
## **2. Organ System Dysfunction**

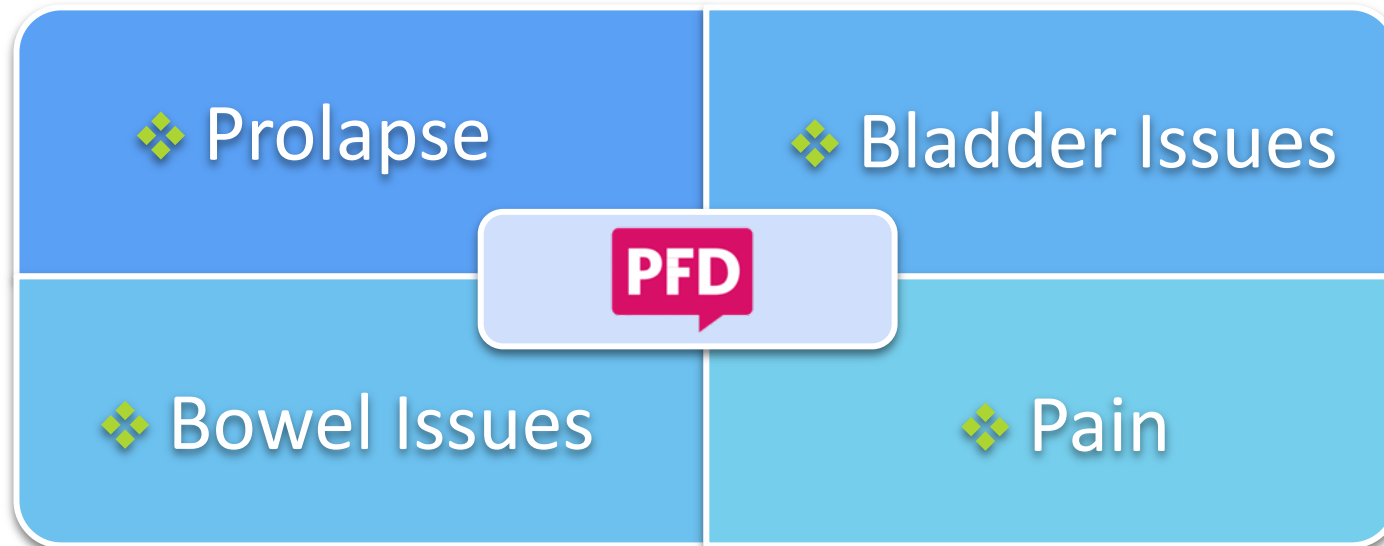
- Cystocele: Stress or Urge Incontinence, Frequency/urgency, double voiding, splinting, weak/changing stream, feeling of needing to pee during intercourse
- Rectocele: Obstructed/painful BM's, splinting, stool trapping, accidental bowel leakage, feeling of needing to have BM during intercourse

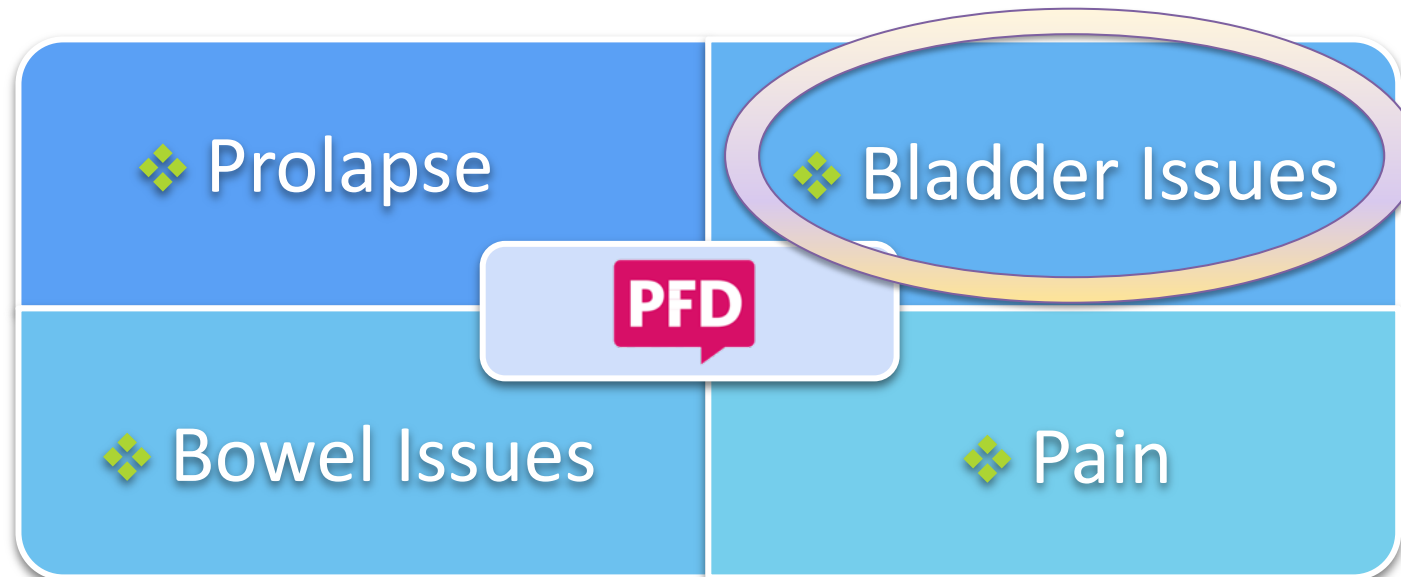


## Association with a leaky bladder...



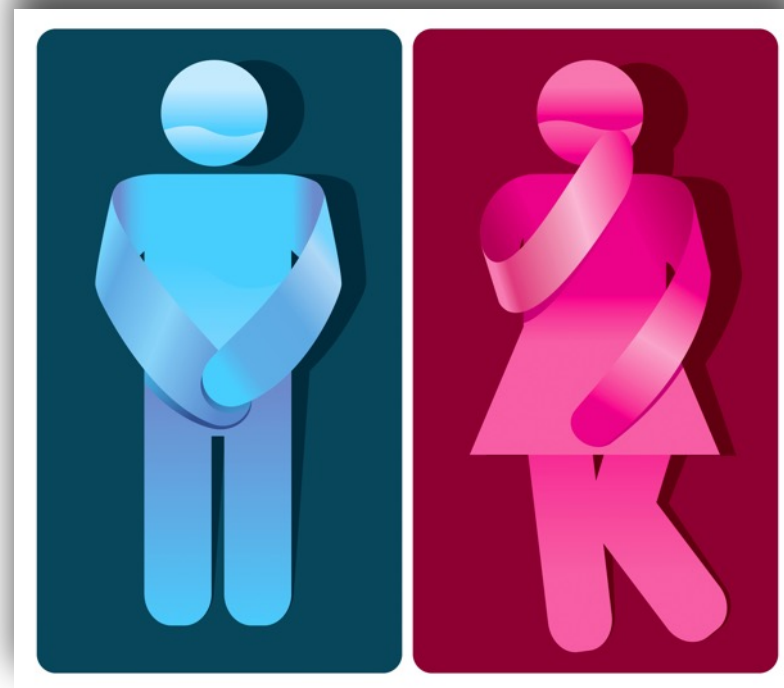








- **Urinary Incontinence**
  - Stress
  - Urge
  - Mixed
- **Overactive Bladder**  
Frequency/Urgency/Nocturia
- Urinary Retention
- Recurrent UTI's
- Bladder Pain



\* With or without underlying prolapse

# Urinary Incontinence

## Stress incontinence



It is the most common, causing involuntary bladder leakage.

## Urge incontinence



It results in the uncontrollable need to use the bathroom.

## Overflow incontinence



It appears as frequent, constant dripping from the urethra.

# MICTURITION REFLEX

## SPINAL CORD

- \* SACRAL ~ S2 & S3
- \* MICTURITION CENTER

- \* INCREASED PARASYMPATHETIC
- \* DECREASED SYMPATHETIC

DECREASED MOTOR NERVE STIMULATION

STRETCH RECEPTORS

CONTRACT  
RELAX  
RELAX

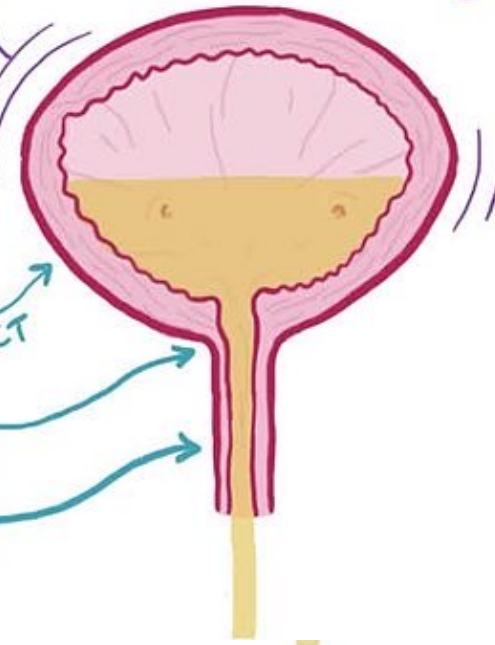
TRAIN for  
VOLUNTARY CONTROL

BRAIN ~ PONS

PONTINE  
STORAGE  
CENTER

PONTINE  
MICTURITION  
CENTER

MICTURITION  
REFLEX



# Stress Incontinence







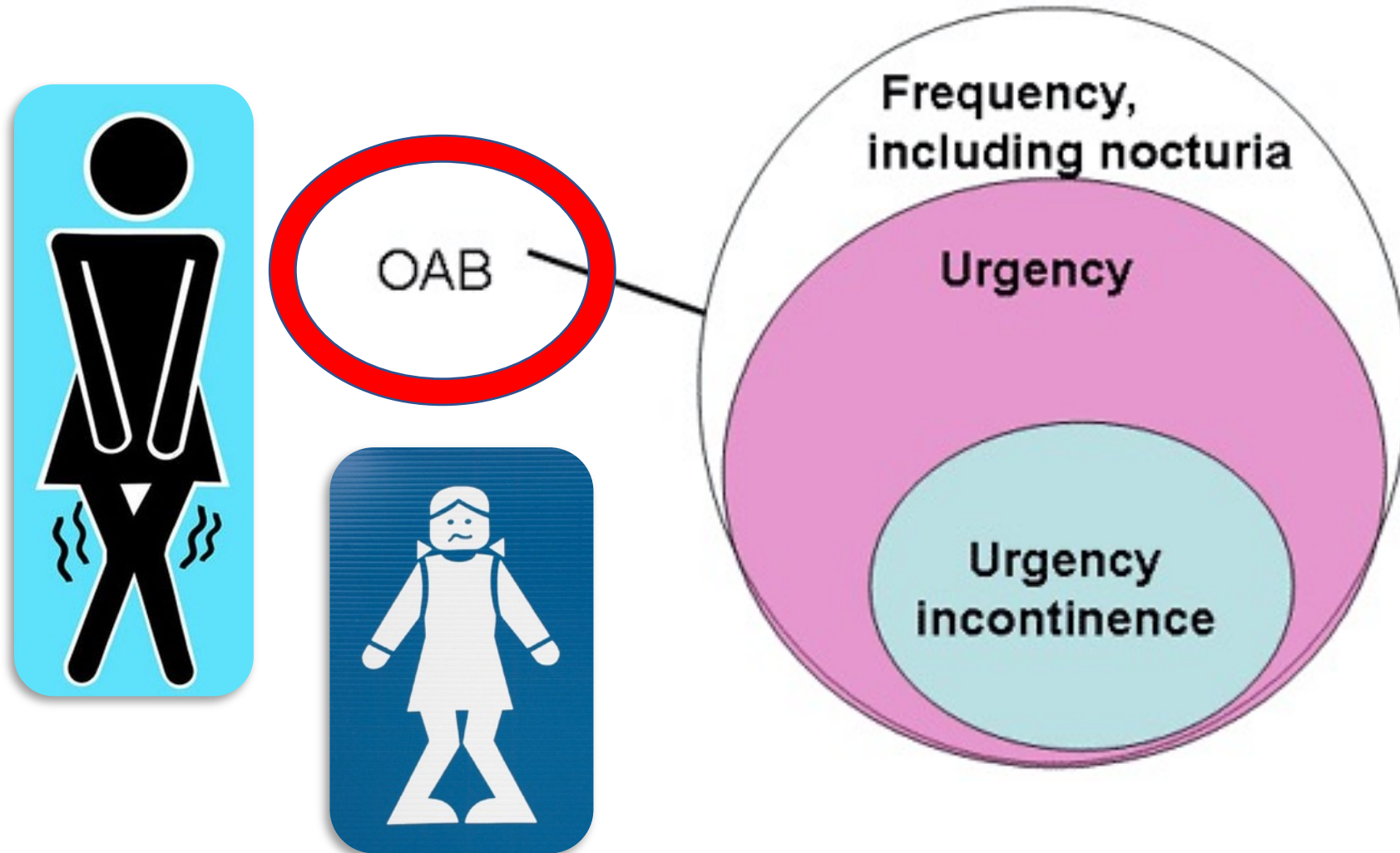
## Risk Factors

- Obesity
  - SUI = type of incontinence most impacted by weight loss
  - > 50% improvement following weight-loss surgery
- Sedentary lifestyles
- Pregnancies
- Age (menopause)
- Prolapse and/or Weak Pelvic Floor

## Presentation

- Leaking with cough, sneeze, laugh, exercise
- Small constant insensible loss of urine with walking/hiking
- Unusual symptoms: Large-volume uncontrollable loss of urine, enuresis, or incontinence with sexual intercourse

# Urge Incontinence



## Risk Factors

- Obesity
- Use of bladder irritants
- Prolapse, or history of prolapse surgery
- Family history (Twin studies: 35-55% genetic, only 1.5% for SUI)
- Recurrent UTI's
- Hypertonic pelvic floors
- Anxiety



## Presentation

- Frequency... Day and Night (nocturia)
- Urgency & Urge accidents (bladder spasms)
- Bladder pain, Chronic pelvic pain related to voiding

## *Common* **BLADDER IRRITANTS**

The National Association For Continence



**NAFC TIP:** Drink plenty of water throughout the day. Limiting your liquids may result in fewer trips to the bathroom, but the smaller amount of urine is highly concentrated and irritating to the bladder.



Alcohol

Apples

Carbonated beverages

Chocolate

Citrus Juice & Fruits

Coffee

Corn Syrup

Cranberries

Spicy Foods

Honey

Milk

Sugar & Artificial Sweeteners

Tea

Tomatoes

Vinegar





Lifestyle

Conservative

Procedures

Lifestyle

Conservative

Procedures

# Treatments: Prolapse



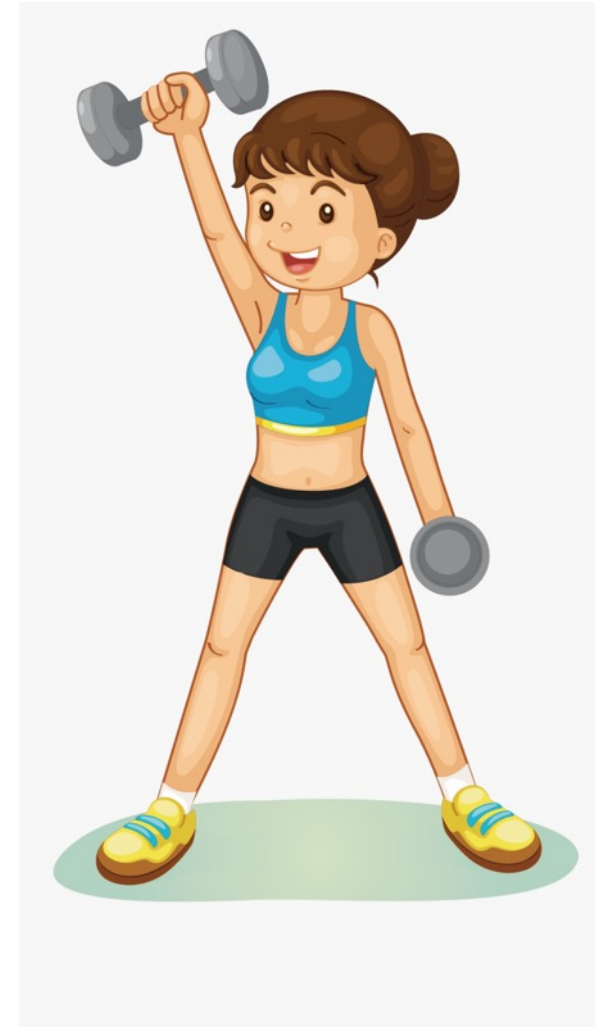
The diagram consists of three stacked, rounded rectangular boxes. The top box is light blue and contains the word 'Lifestyle'. The middle box is teal and contains the word 'Conservative'. The bottom box is green and contains the word 'Procedures'. A purple, hand-drawn style border encloses the top two boxes, 'Lifestyle' and 'Conservative'.

Lifestyle

Conservative

Procedures

- **Correction of Risk Factors**
  - Weight loss
  - Addressing constipation
  - Whole body fitness!
- **Pelvic Physical Therapy**
  - Strengthen pelvic support
  - Improve bowel and bladder function
  - Address PFD-related pain



Lifestyle





External and internal  
soft tissue mobilization

biofeedback

myofascial

deep tissue  
massage

visceral  
manipulation

connective tissue  
manipulation

trigger  
point release

electrical  
stimulation

heat and  
cold therapy

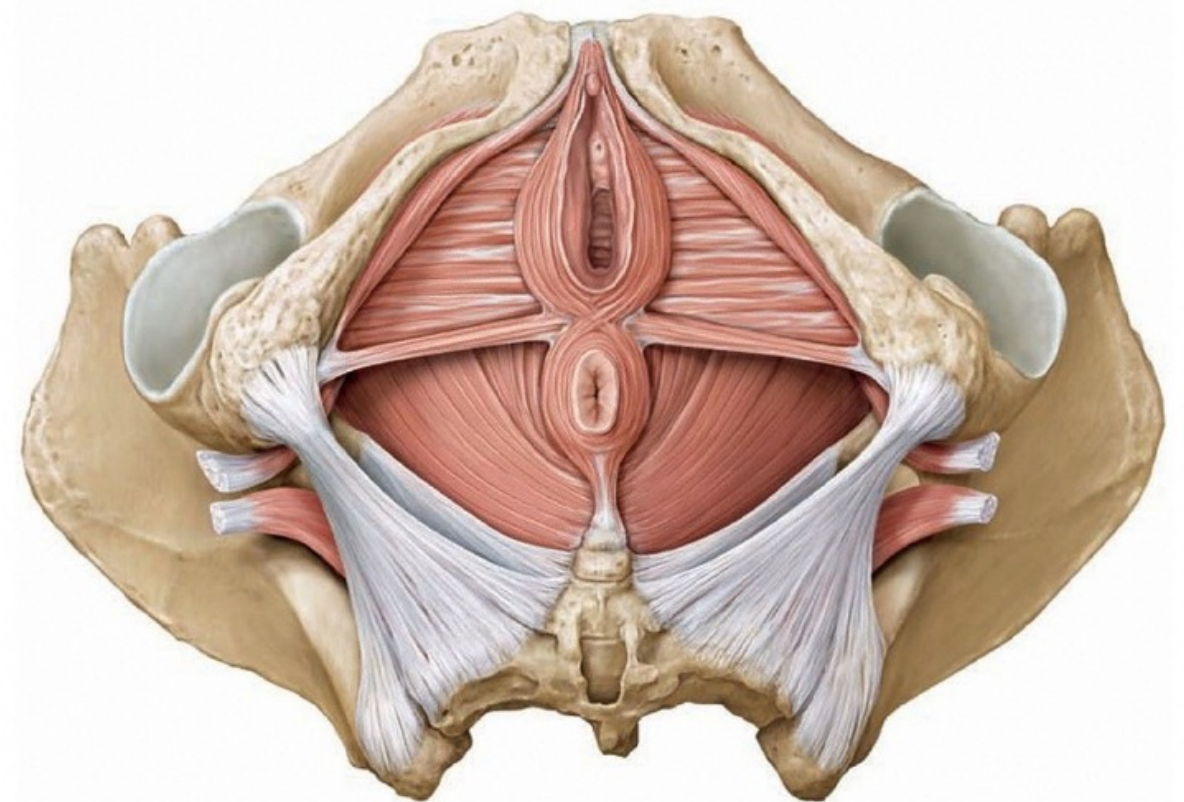
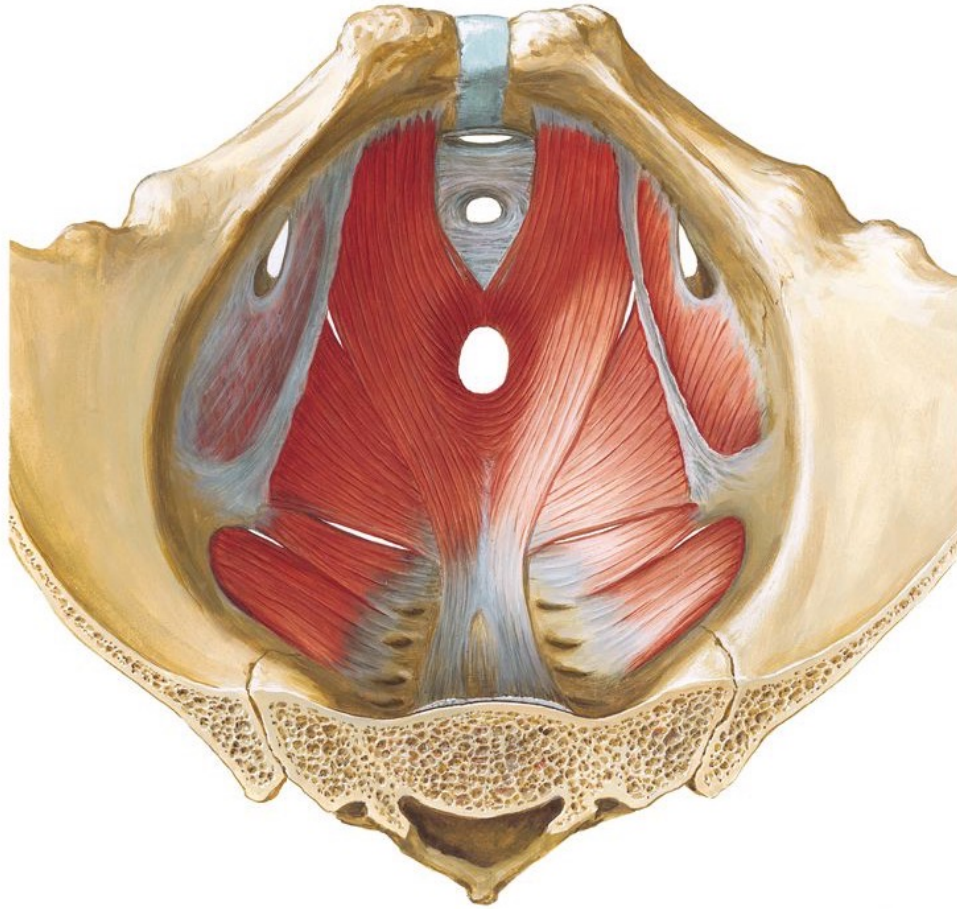
Treatment  
may  
include

transcutaneous electrical  
nerve stimulation (TENS)

*Move Forward.*<sup>TM</sup>  
*Physical Therapy Brings Motion to Life*

 **APTA**  
American Physical Therapy Association.

# Strengthen? Relax? Balance?



Lifestyle

Conservative

Procedures



Lifestyle

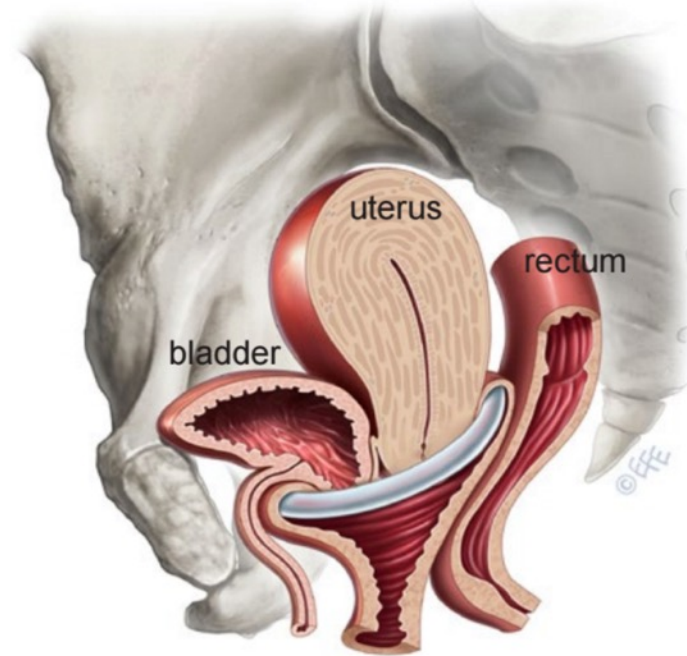
Conservative

Procedures

# Treatments: Prolapse

- **Pessary**
- ***Vaginal* (bioidentical) Estrogen**

Conservative





Lifestyle

Conservative

Procedures

# Treatments: Prolapse

Lifestyle

Conservative

Procedures

## **The type of surgery a woman needs... depends on the type of prolapse she has.**

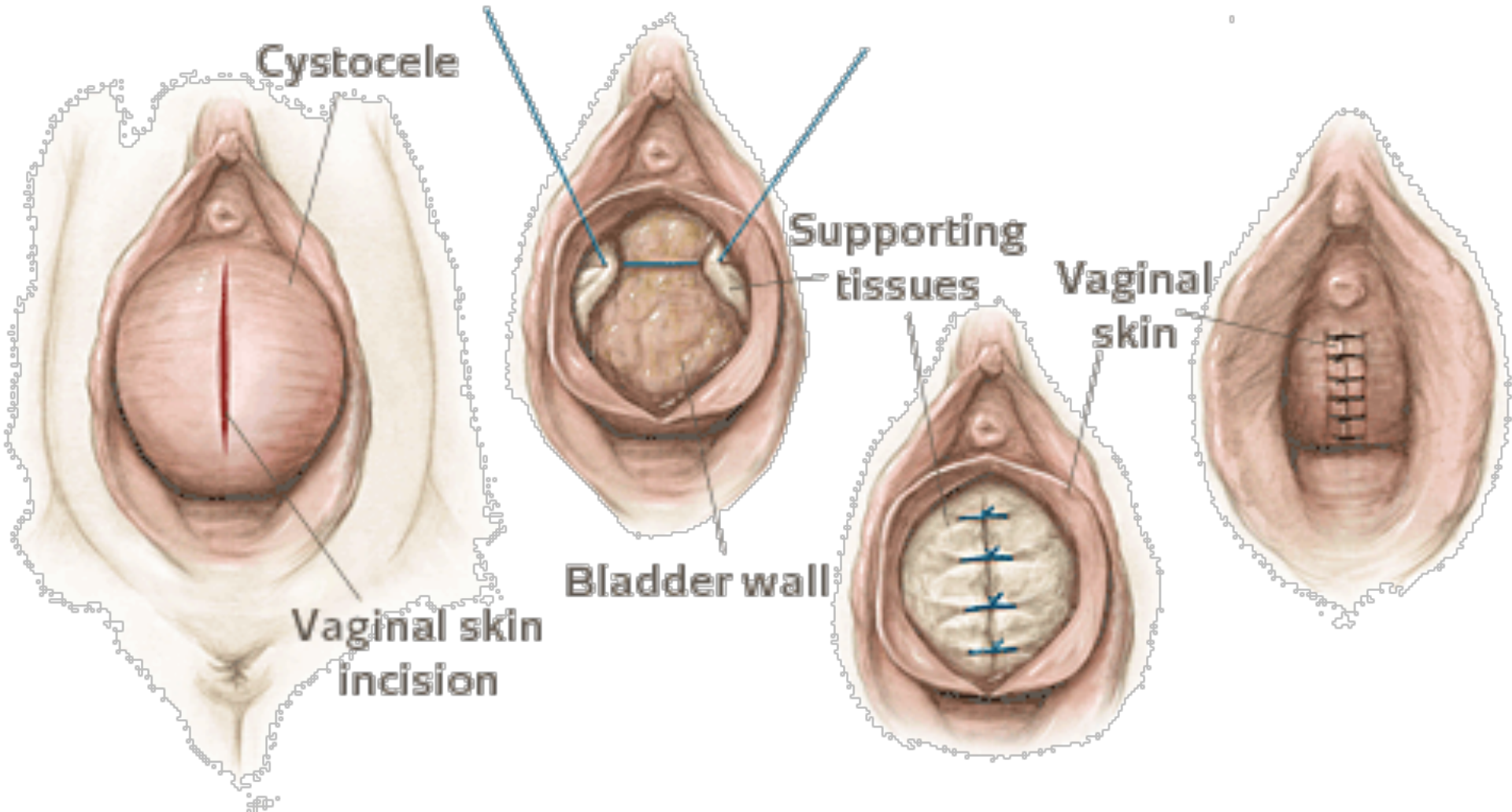
- Cystocele → Anterior repair (aka Bladder lift)
- Rectocele → Posterior repair
- Uterine prolapse → Hysterectomy with apical support

## **Notes:**

- No mesh.
- Vaginal procedures (no incisions on the belly)
- Short hospital stay and recovery
- We do not need to remove your ovaries

Procedures

# Treatments: Prolapse



Lifestyle

Conservative

Procedures





The diagram consists of three stacked horizontal bars. The top bar is light blue and contains the word 'Lifestyle'. The middle bar is teal and contains the word 'Conservative'. The bottom bar is green and contains the word 'Procedures'. Each word is centered within a small white rectangular box with a yellow-to-orange gradient shadow. The top bar is enclosed in a purple, hand-drawn style border.

Lifestyle

Conservative

Procedures

- **Correction of Risk Factors**
  - Weight loss
  - Avoiding Bladder Irritants
  - Mindfulness
- **Pelvic Physical Therapy**
  - Down-train to Up-train
  - Bladder training (biofeedback)



Lifestyle

Lifestyle

Conservative

Procedures

Lifestyle

Conservative

Procedures

- **Medications**

- Reduce bladder spasm and reactivity
- “Anticholinergics” – Oxybutynin, Detrol, etc.
- Side effects: Dry mouth, Dry eyes, None?



Conservative



Lifestyle

Conservative

Procedures

Lifestyle

Conservative

Procedures



# Treatments: Stress Leaking

Lifestyle

Conservative

Procedures

# Treatments: Stress Leaking



Lifestyle

Conservative

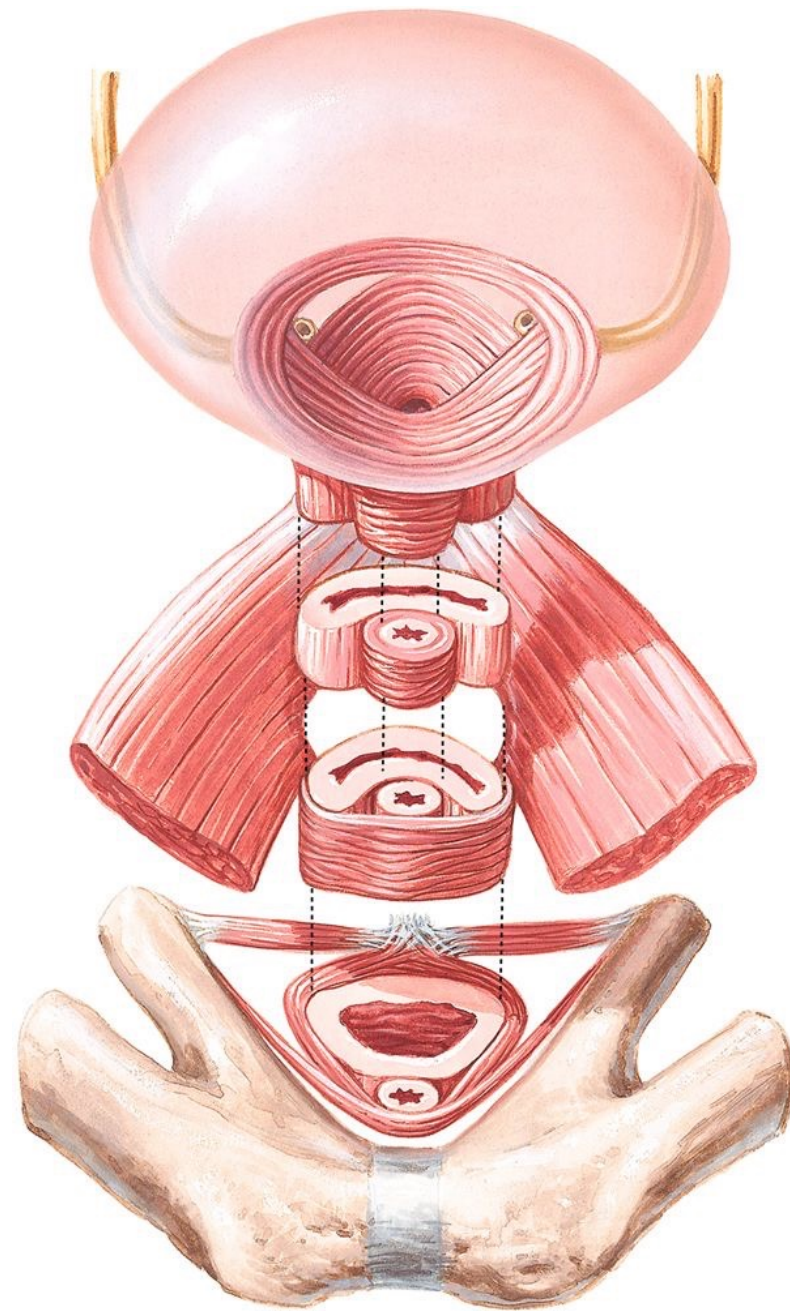
Procedures

- **Correction of Risk Factors**
  - ***Weight-loss (!!!)***
  - Addressing prolapse (if present)
  - Fix constipation
  - Voiding diary
- **Pelvic Physical Therapy**
  - Strengthening (Support AND Sphincters)



Lifestyle





# Treatments: Stress Leaking

Lifestyle

Conservative

Procedures

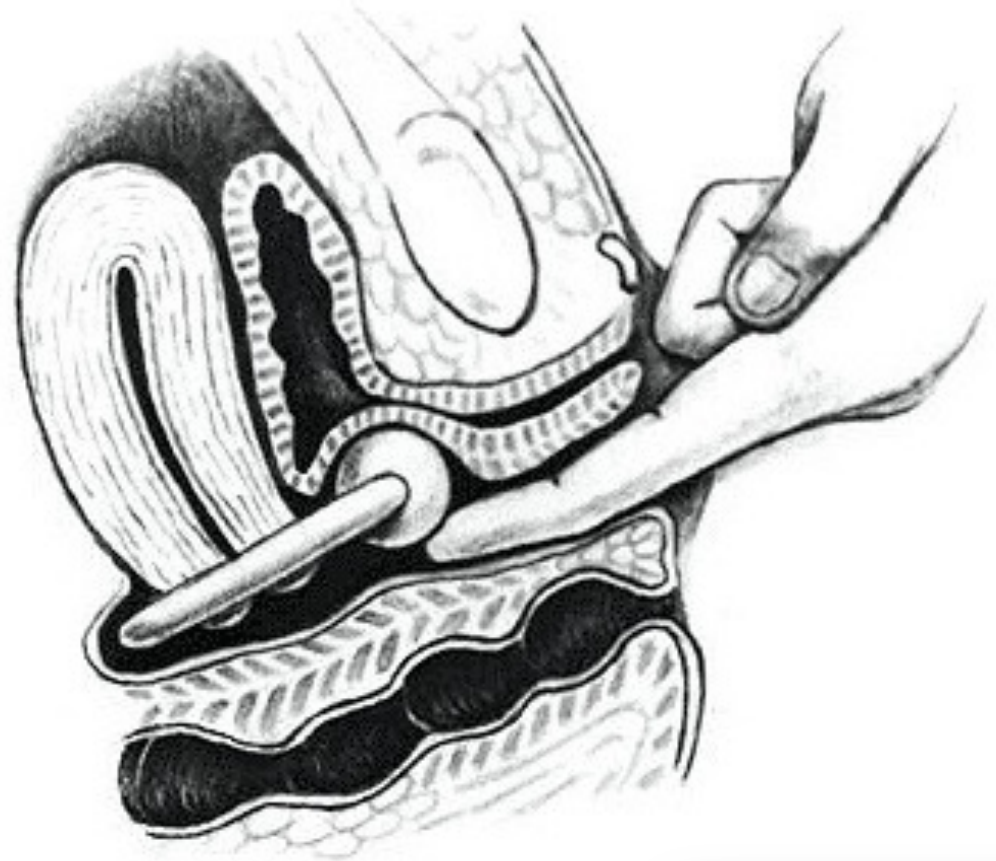
# Treatments: Stress Leaking

Lifestyle

Conservative

Procedures

# Treatments: Stress Leaking



Conservative

# Poise

## IMPRESSA

... BLADDER SUPPORTS ...





# Treatments: Stress Leaking

Lifestyle

Conservative

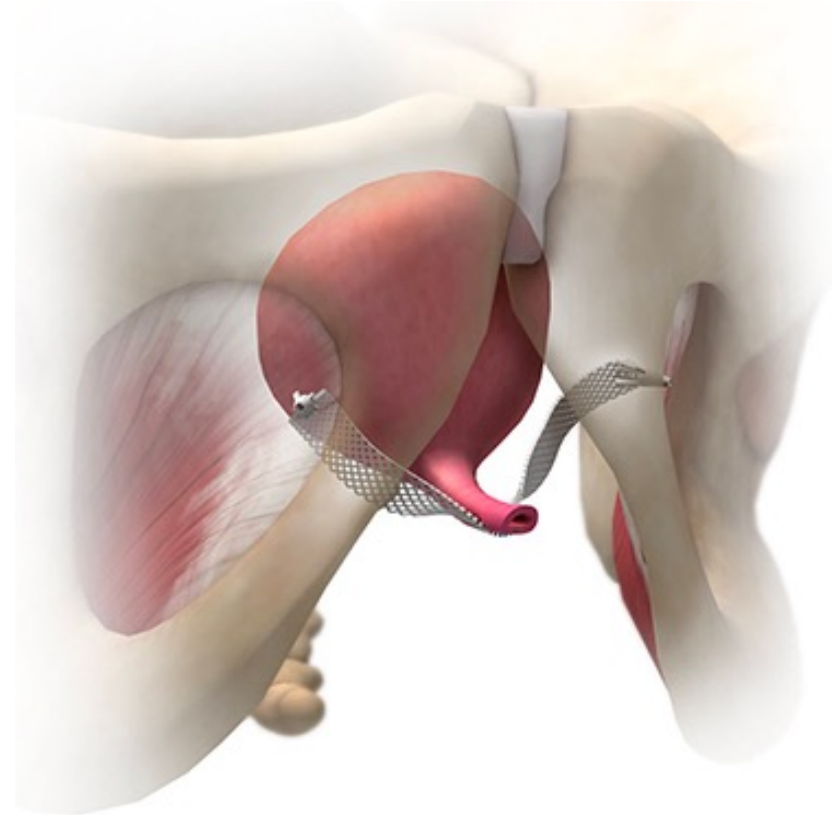
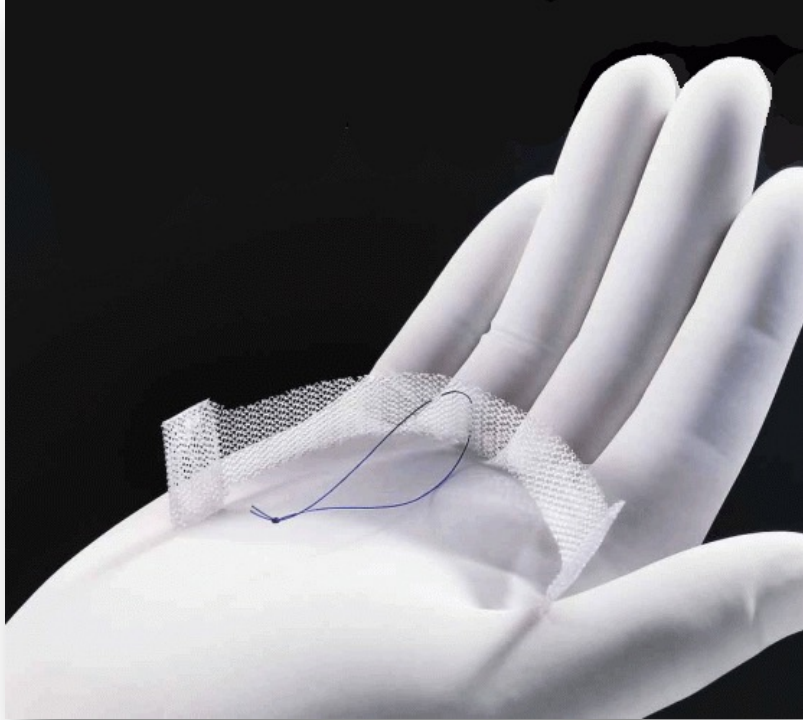
Procedures

# Treatments: Stress Leaking

Lifestyle

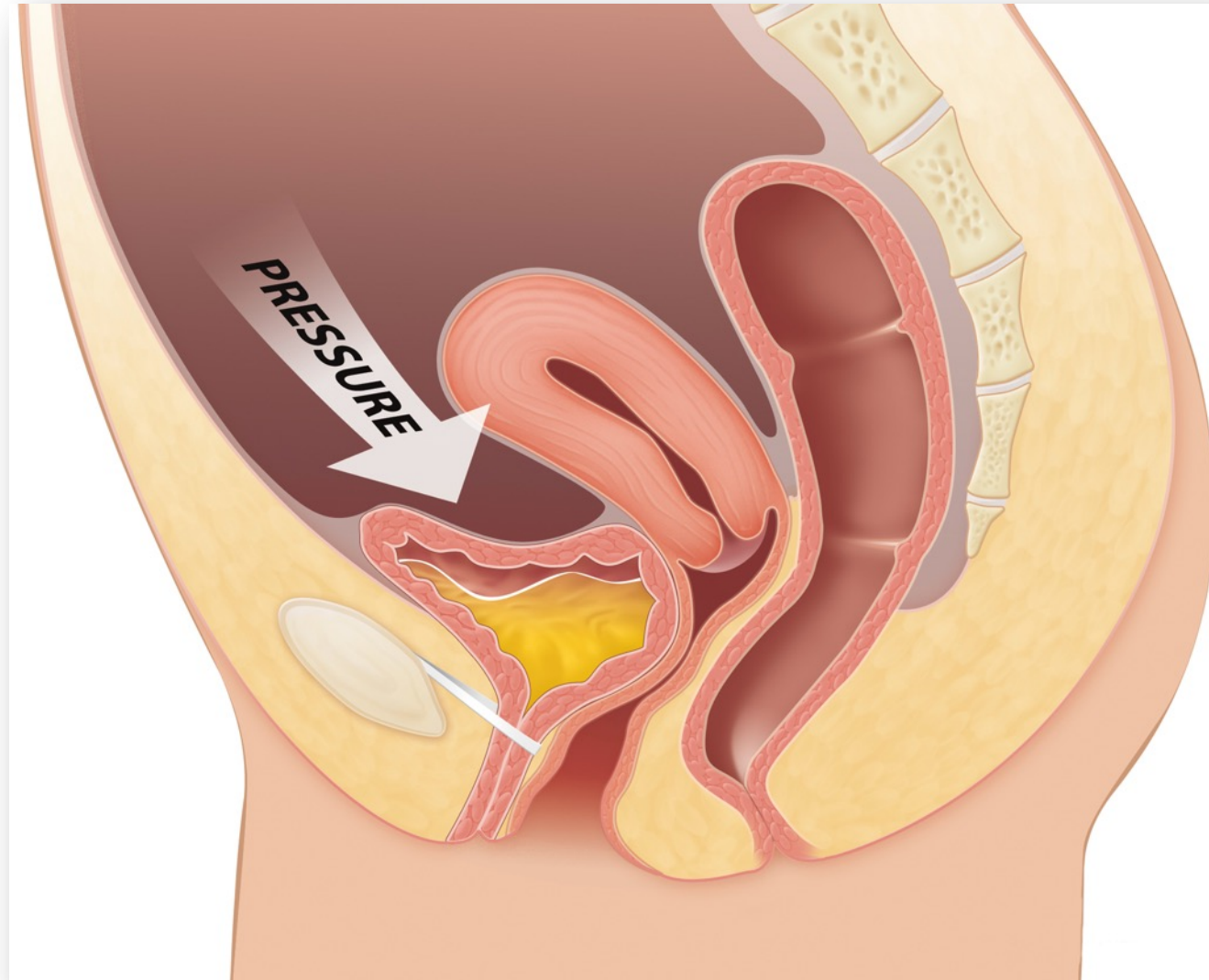
Conservative

Procedures



## “Incontinence Slings”

Procedures



Procedures



## Incontinence Slings

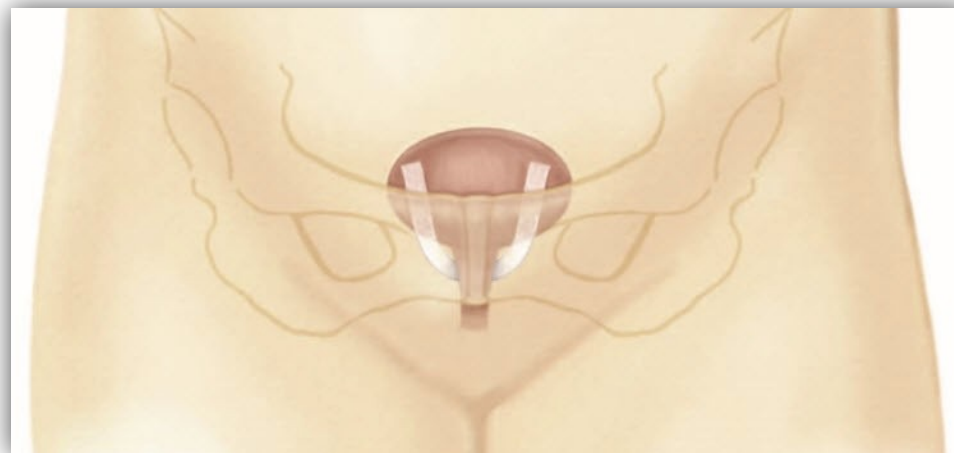
- Outpatient surgery
- Single 1 cm incision under the urethra
- Thin strip of permanent mesh
- Benefits:
  - **71-97% cure rate at 1 year**
  - **Maintained at 5 year follow-up**
- Risks:
  - Injury to bladder or urethra during operation (1-5%)
  - Post-op urinary retention (1-2%) & New Urgency (15%)
  - Mesh erosion (1.1-2.6%)



**Cochrane**  
**Library**

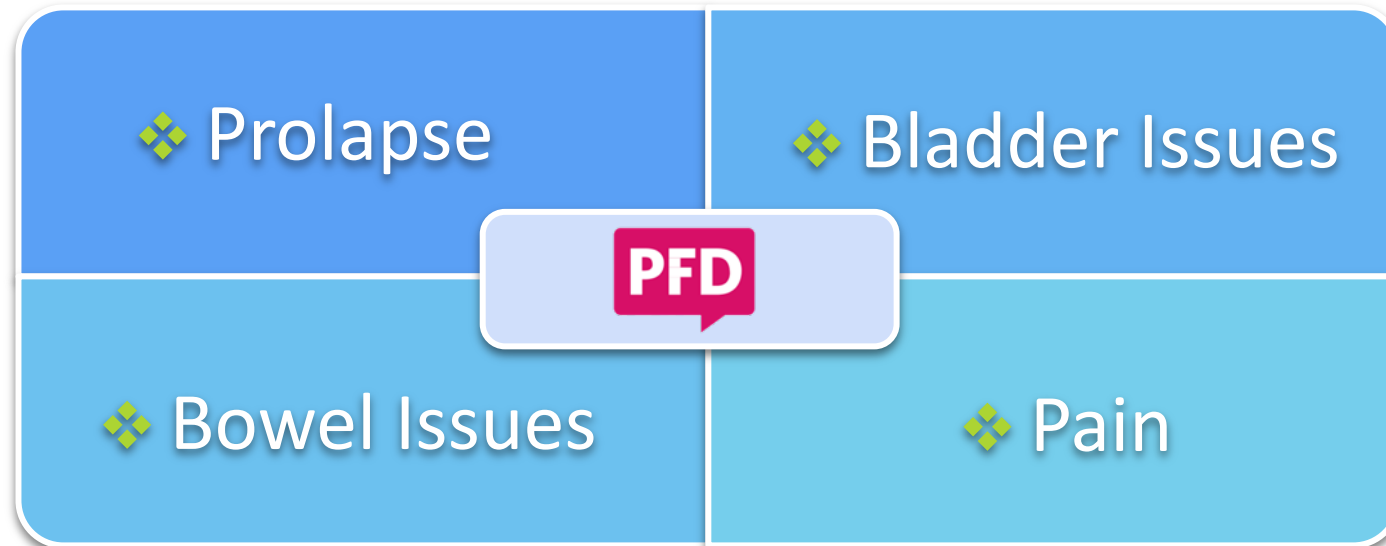
Trusted evidence.  
Informed decisions.  
Better health.

81 trials, 12,113 women



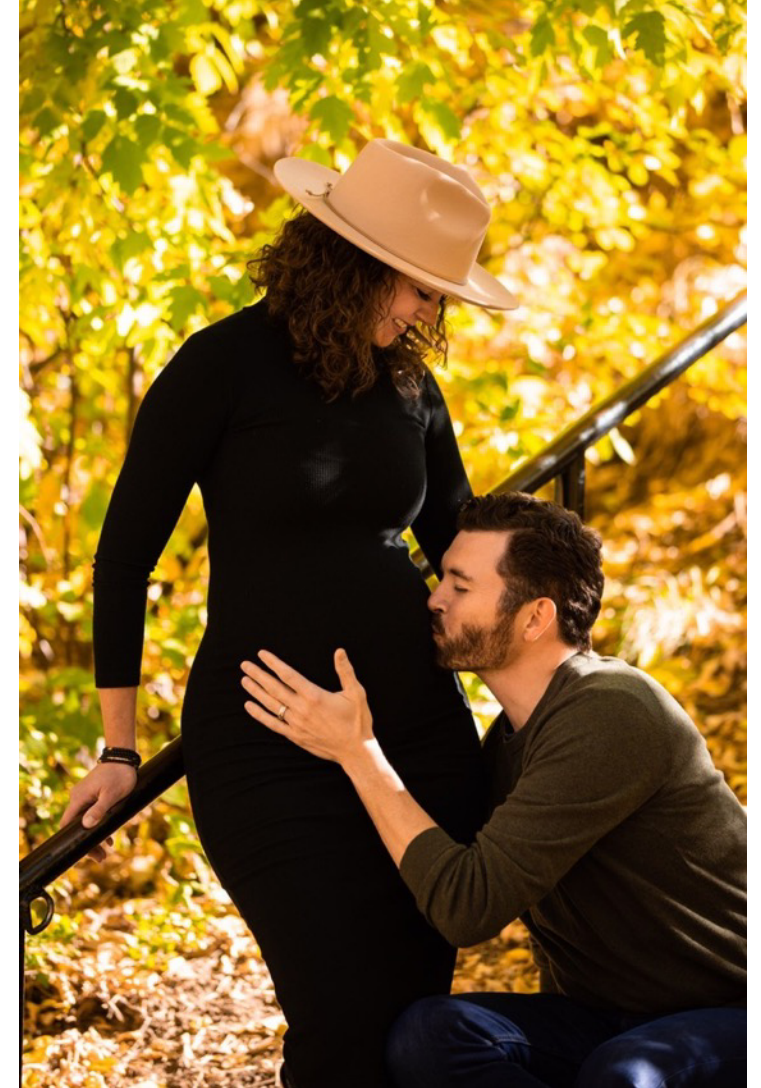
Procedures





- These problems are **very** common, and **very** undertreated.
- **THE BEST** fixes are ones that involve no surgery and allow you to **heal yourself**.
- If you need a procedure, there are options with quick recovery and excellent success.
- **Do your Kegels** (better yet, try Pelvic PT!)

# Thank You!





# Sources:

- American UroGyn Society ([aug.s.org](http://aug.s.org))
- Uptodate.com
- Voices for PFD ([voicesforpfd.com](http://voicesforpfd.com))
- The International Pelvic Pain Society ([pelvicpain.org](http://pelvicpain.org))
- The University of Michigan Bowel Control Program ([medicine.umich.edu/dept/michigan-bowel-control-program](http://medicine.umich.edu/dept/michigan-bowel-control-program))
- The American Physical Therapy Association ([apta.org](http://apta.org))
- "Ultrasound Post-Void Residual", Michael Zwank, [youtube.com](https://www.youtube.com)
- The Poise Impressa, Kimberly-Clark Worldwide, Inc. ([poise.com/products/impressa](http://poise.com/products/impressa))
- Netter Atlas of Human Anatomy, 6e: Copyright © Elsevier Inc. ([netterimages.com](http://netterimages.com))



Advancing Female Pelvic Medicine  
and Reconstructive Surgery

# Latest Treatments for a Leaky Bladder

Jeremiah McNamara, MD, FACOG  
Boulder Women's Care  
303-622-5648



Boulder Community Health