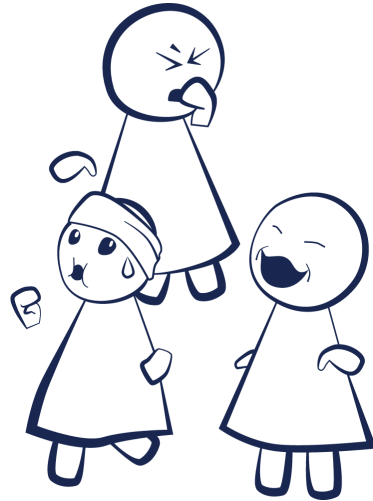


# Stress Incontinence

Urine loss when exertion or pressure is placed on the bladder such as:

- Coughing
- Sneezing
- Laughing
- Exercising



# Urge Incontinence

A strong urge to urinate, with and without urine loss.

- Overactive Bladder
- Frequency
- Nighttime voiding

## What's Normal?

- Less than 8 times a day
- Nighttime voiding 0-2 times
- Every 3-4 hours
- Volume: 2 cups
- No leaking



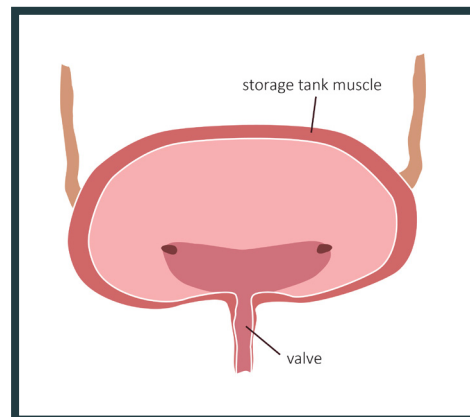
## Stress Incontinence

## Treatment Options

## Urge Incontinence

- Nonsurgical:
- Pelvic floor conditioning
  - Weight management
  - Vaginal Inserts i.e. pessary

- Surgical:
- Synthetic Sling
  - Autologous Sling
  - Bulking agents



- 1st
- Dietary changes
  - Constipation management
  - Bladder retraining

- 2nd
- Medications
    - anticholinergic
    - beta-3 adrenergic receptor
    - estrogen (vaginal)

- 3rd
- Botox
  - InterStim
  - Posterior Tibial Nerve Stimulation