



EMPOWER

...the Newsletter of Gynaecworld

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Dear Friends,

Do you know of anyone in your family or amongst your friends who has trouble holding her urine? Does she always want to run to the washroom before she is ready to leave home?

This happens to many women above the age of 40 years, especially those who have had normal or forceps deliveries! It also happens to women who have had urinary infections which have not been treated completely.

There are 4 types of urinary incontinence:

■ Stress incontinence

In this condition, a woman has involuntary leakage of urine on laughing, coughing, sneezing, or any kind of exertion. It is more commonly seen following childbirth and in smokers.

■ Urge incontinence

Patients with urge incontinence feel a sudden urge for passing urine and often the urge is so strong that they leak before they reach the washroom.

■ Mixed incontinence

Patients have symptoms of both stress and urge incontinence.

■ Overflow incontinence

If the bladder loses its tone, it is unable to contract and push the urine out. Due to this the bladder gets over full, allowing the urine to leak out at a most inappropriate time. This is called overflow incontinence. Weak bladder muscles due to surgery, infection or diabetes causing nerve damage cause a loss of tone on the other hand, tumors and urinary stones can block the outlet of the bladder and prevent complete emptying of the bladder. This leads to retention of urine in small amounts which gradually increases and once the bladder is full, there is an overflow of urine.

Since there are many types and causes for incontinence, women need to see their gynaecologists



who will examine them and carry out certain tests to confirm the type of incontinence, because the treatment is different based on the type of incontinence.

Unfortunately women are not aware that these problems can be corrected if they seek help!

Most of the problems can be managed with medical treatment, whilst stress urinary incontinence requires a day care surgical procedure. At Gynaecworld, we have been successful in the correction of most of the above urinary problems. In a few cases, there has been a need to collaborate with our urologist, who is a part of our team at Gynaecworld.

You may know of at least one woman in your life who would be probably suffering silently, please forward this newsletter to her.

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