Incontinence; Lets talk about it......

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Select the most appropriate subtitle for this talk

A: Bladders gone wild!
B: There’s no such thing as bad bladders, they just do bad things…
C: Your system software has been corrupted. Do you have the right driver installed for that bladder?
D: I’m going to go crazy if I have to find another potty
Urinary Incontinence

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Intrinsic Sphincter Deficiency
- Neurogenic Bladder
Urge incontinence

• Also known as OAB/Detrusor overactivity
• Affects approx 33 million women
• Only 15% seek treatment
• In 1995 26.3 billion $ spent of which more than a billion on adult disposable products
• Most rapidly growing segment of US population is???
OAB

- Women ages 60-80
- 50% have OAB symptoms
CHINESE car, GERMAN bike Questions?
Conditions associated with Involuntary Detrusor contractions

- Congenital
- Aging
- Multiple Sclerosis
- Parkinsons disease
- Dementia
- Neoplasia
- Spinal cord injury
- Antiincontinence surgery
- Advanced prolapse
- Inflammation
- Orgasm
Conditions that produce urinary frequency and urgency

- Detrusor overactivity
- Interstitial cystitis
- UTI
- Radiation cystitis
- Urogenital atrophy
- POP
- Urethral diverticulum
- Pregnancy
- Pelvic mass
- Bladder lesion
- CHF
- Diabetes
- Diuretics
Evaluation

- Physical exam
- Neurological exam (S2,3,4 nerves)
- Pelvic exam
- Urinalysis and culture
- Voiding diary
- Urodynamics
- Cystoscopy
Treatment

• Does it bother you enough that you want to do something about it?
3 Rules to live by:

Don't shop when you're hungry, don't date when you're horny, and don't update your status when you're drunk.
Treatment

- Bladder training drills: Voiding with progressive increases in the interval between each void
- Biofeedback
- Acupuncture
- Functional electrical stimulation
Treatment

- Anticolinergic medications
- Oxybutinin, tolterodine
- Side affects: Dry mouth, constipation
- Associated with dementia??
Treatment

- Beta 2 agonist: Myrbetriq
- Slight increase in BP in patients on Metoprolol
Treatment

- Interstim
- PTNS
- Botox injections
Stress Incontinence

- Leak with coughing, sneezing, lifting heavy objects
- Child birth
- Trauma
- Surgery
- Radiation
- Aging
- Muscle weakness
SUI

- No medication
- Pelvic floor exercises
- Pessaries
- Urethral plugs
- Surgery
SUI

- Older surgeries: MMK, Burch
- Burch was the gold standard
- Urinary retention
- lasted maximum 10 years
Age of slings

- Now the standard of care
- 3 types depending on location
- Retropubic, Transobturator and mini slings
What is sling?

- Misnomer
- Placed under urethra not bladder
- It does not hold the bladder up
- It prevents hyper mobility of urethra
Slings

- It is a small piece of mesh
- There is no FDA warning on slings
- There is 18 year data on slings
- Gold standard/standard of care for SUI
ISD

- Subset of SUI
- Leak all the time
- “I stand up and I leak, I move, I leak”
- Wide open bladder neck
ISD

- Urethral bulking
- Every 2-3 years
- Retropubic sling
- 60% success rate
NEVER HOLD YOUR FARTS IN. THEY TRAVEL UP YOUR SPINE, INTO YOUR BRAIN, AND THAT'S WHERE SHITTY IDEAS COME FROM.
Fecal Incontinence

- Socially incapacitating
- Stay home
- Urinary and fecal incontinence are primary reasons for nursing home placement (outnumbering dementia)
Etiology

- A large component of continence is function of anal sphincter complex
- Child birth is being recognized as commonly injuring the mother’s sphincter complex
Causes

- Child birth
- Surgery (Fistulotomy, hemorrhoidectomy, sphincter stretch)
- Radiation
- Colitis
- Bowel resection
- Fecal impaction
- Rectal prolapse
- Stroke
- MS
- Diabetes
- Dementia
- Diarrhea
Diagnosis

- History
- Physical exam
- Anal manometry
- Defecography
- Endorectal Ultrasound
Treatment

- Bulking agents
- Imodium if diarrhea
- Amitriptyline
Treatment

- Biofeedback
- No studies show benefits from kegels
Surgical

- Sphinteroplasty
- Initial results 80-90%
- Long term results disappointing
- Wound infection 25%
Surgical

- Post anal pelvic floor repair
- Muscle transposition
- Artificial anal sphincter
Sacral neuromodulation

- Interstim
- High success rates
- Minor procedure
- Even worth trial in nerve damage patients
Rectal sling???

- Under development
- Very promising initial results
DeLee 1920

• Labor has been called, and still is believed by many to be, a normal function...and yet it is a decidedly pathologic process. Everything, of course, depends what we define as normal. If a woman falls on a pitchfork, and drives the handle through her perineum, we call that pathologic-abnormal, but if a large baby is driven through the pelvic floor, we say that is natural, and therefore normal.....
Thank you...