

IF YOU'VE GOT TO GO, WE'VE GOT SOLUTIONS.

Get the facts about urinary incontinence – and get real solutions.



**HENRY FORD
PELVIC HEALTH
& CONTINENCE
CENTER**



HENRY FORD WOMEN'S HEALTH SERVICES

INCONVENIENCE? *or* INCONTINENCE?



Are you using the bathroom so often it disrupts your day or wakes you up at night?



Are you worried that when you cough, sneeze or lift heavy objects you will leak urine?



Do you find it hard to make it to the bathroom, or do you have accidents?



Are you experiencing pressure or bulging in your vagina, especially after standing for long periods?



Are you using pads to protect your clothing from bladder leakage?



Do you visit the bathroom to urinate more than 8 times a day?

If you answered yes to any of these, urinary incontinence is getting in the way of life. You're not alone.

1 IN 3 WOMEN



experience urinary incontinence – the inability to control the flow of urine.

The Whats and Whys **OF INCONTINENCE**

WHAT TYPE	WHAT IT FEELS LIKE	WHY IT MAY BE HAPPENING
Urge incontinence	A sudden “gotta go” feeling	An infection or other cause of irritation to the bladder.
Stress incontinence	Leaking when you cough, sneeze or laugh	Weakened structural support to the bladder, such as a weakened urethral sphincter muscle.
Overflow incontinence	Your bladder isn’t completely emptied	A weakened bladder, blocked urethra or nerve damage.

WHAT ELSE CAN CAUSE URINARY INCONTINENCE?



Shifting of pelvic organs due to childbirth or other events



Medication side effects



Neurological conditions



Hormonal changes



WHAT ARE MY OPTIONS?

Some people think that urinary incontinence is a normal part of aging. Nothing could be further from the truth. Urinary incontinence is highly treatable.

Because there are many types and causes, your Henry Ford specialist will work with you to determine the best course of treatment. Possibilities include:

THE SIMPLEST ROUTE: In many cases, lifestyle changes can correct the issue. This can include modifying your fluid intake, urinating more frequently, losing weight and adding pelvic floor (Kegel) exercises to your daily routine.

LEADING-EDGE OPTIONS: The experts at Henry Ford are pioneering minimally invasive treatments such as InterStim® therapy and posterior tibial nerve stimulation (PTNS). These highly effective treatments involve electrical nerve stimulation, which can be done as an outpatient procedure with minimal discomfort.

SURGICAL OPTIONS: We offer minimally invasive and robotic surgery options that can be done on an outpatient basis, placing a support band, sometimes known as a sling, around the urethra to stabilize the area and restore ligament support.

BIOFEEDBACK: We can use this technique to measure bodily functions and determine exactly how you can improve these functions through relaxation and imagery.

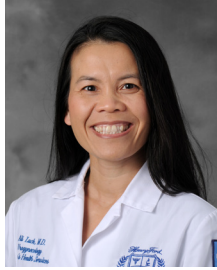
MEDICATIONS: Prescription medications are available that can help improve bladder control, relax the bladder and increase its muscle tone.

BOTOX INJECTIONS: This FDA-approved method can help increase bladder control affected by nerve, brain or spinal cord conditions.

TREATMENTS FOR PELVIC PROLAPSE: If one or more organs have shifted in the pelvic region, your specialist may recommend minimally invasive surgery to ensure proper placement and functioning, physical therapy and exercises to strengthen the pelvic floor muscles, and/or the insertion of a pessary to help support the organs and prevent further shifts. Pessaries can also help support the bladder and are sometimes used to treat urinary incontinence.

WE SHOULD TALK

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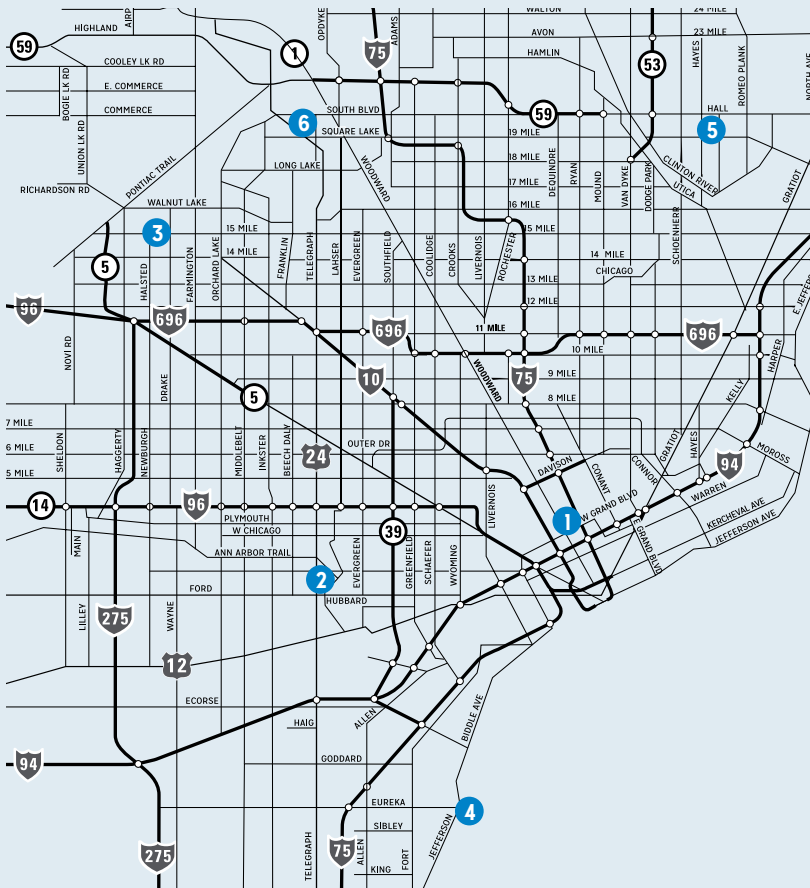
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WHERE YOU'LL FIND US:

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- 2. Henry Ford Medical Center – Ford Road**
5500 Auto Club Drive • Dearborn, MI
- 3. Henry Ford West Bloomfield Hospital**
6777 W. Maple Road • West Bloomfield, MI
- 4. Henry Ford Wyandotte Hospital**
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- 5. Henry Ford Macomb Medical Pavilion**
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- 6. Henry Ford Medical Center – Bloomfield Twp**
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Visit henryford.com/urogyn or call 313-241-8468

