



## Advances in Improving Bladder Control

The first time you leaked when you laughed or sneezed, you probably were surprised and didn't think much about it. Those things happen, right? But when this occurred more frequently with exercise, picking up something heavy, or coughing resulted in urinary leakage, you probably reacted the way most practical women do. You began wearing sanitary napkins, dark clothing—anything that would help you hide what was becoming embarrassing and you may have accepted this as a normal part of getting older.

Guess what—it's not normal and it's called **stress urinary incontinence (SUI)**, when involuntary loss of urine occurs during sudden movements that put pressure on the bladder. 1 in 6 women suffer from SUI and many recall that it began after childbirth.

One of my goals back in the early 1990's when I founded Women's Health Specialists in Fremont was to create a female friendly facility for women to obtain evaluation and treatment of bladder control problems. This begins with a comfortable and confidential atmosphere where an afflicted woman can overcome her embarrassment and freely discuss how urinary leakage impacts her lifestyle. Unlike many OB/Gyns, I conveniently offer comprehensive bladder testing in my office.

*Helping women regain bladder control  
& most importantly their dignity...*

Kegel exercises are a good initial intervention for women with SUI. You should notice significantly less accidents within three months otherwise you should probably consider other treatments. *FYI: Most advertised medications are for urge related leakage or excess urinary frequency (AKA-Over Active Bladder).*



Since the TVT<sup>®</sup> urethral sling was introduced in 1997, it has become the “gold standard” and approaches 2 million procedures worldwide. It's easy to see why this low risk, high patient satisfaction procedure has become so successful: a 15 minute outpatient operation, performed under local anesthesia with mild sedation, that allows patients to return to most activities in about three days. Most importantly, it resolves SUI in 85-95% of patients. The evolution of this minimally invasive procedure continues with the recent introduction of the Mini-Arc<sup>®</sup> Sling that is free



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of any skin incisions which results in less pain—many patients only use Motrin<sup>®</sup> afterwards.

Ironically, despite all these options many women remain silent about their embarrassing affliction. If you or you know someone who is experiencing urinary leakage increasingly intruding into their lives, then please schedule an appointment with me so I can help you not only regain bladder control, but most importantly your dignity!

Scott Kramer MD, FACOG, FACS

PS: *Health insurance covers urinary incontinence evaluation & treatments*