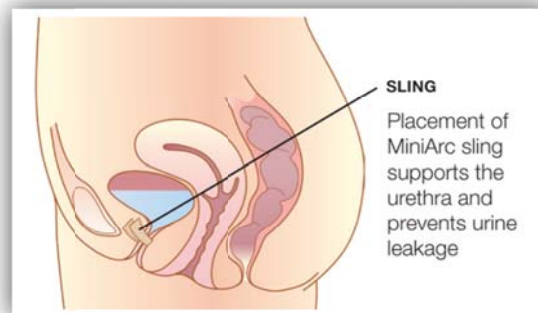




Laugh, Cough, Exercise without Pads

For over 25 years, I have helped women address urinary incontinence (leakage)—an embarrassing and inconvenient affliction. It frequently forces women to avoid activities associated with accidents and leads to compensatory behaviors such as bathroom mapping. Feeling humiliated and hopeless, too many women never speak up about this condition.

Many patients inaccurately believe that anti-incontinence surgeries are either too much to endure or are ineffective. I'd like to correct this misconception. These operations are only intended for [Stress Urinary Incontinence \(SUI\)](#), where poor support of the urethra is present. This typically occurs during childbirth where ligaments are torn that stabilize the urethra. Using modern, minimally invasive techniques, anti-incontinence sling surgeries are performed as ten-minute outpatient procedures using a half-inch vaginal incision. Post-operatively most women only need to take Motrin for mild discomfort and return to their normal activities the following day.



A recent study confirmed that [Single Incision Mini-Slings](#) are equally effective—86% cure rates—as earlier more invasive slings. These can be used for the majority of women suffering with SUI. A traditional urethral sling is reserved to treat severe cases of SUI or failed anti-incontinence procedures where they have shown to be superior. This is encouraging information that there is an effective alternative to acquiescing to wearing pads.

Health insurance covers the evaluation and treatment of urinary incontinence. If you're bothered by accidental urine leakage, then take the first step toward regaining bladder control by scheduling an appointment.

Wishing you good health!

Scott Kramer MD, FACOG, FACS