

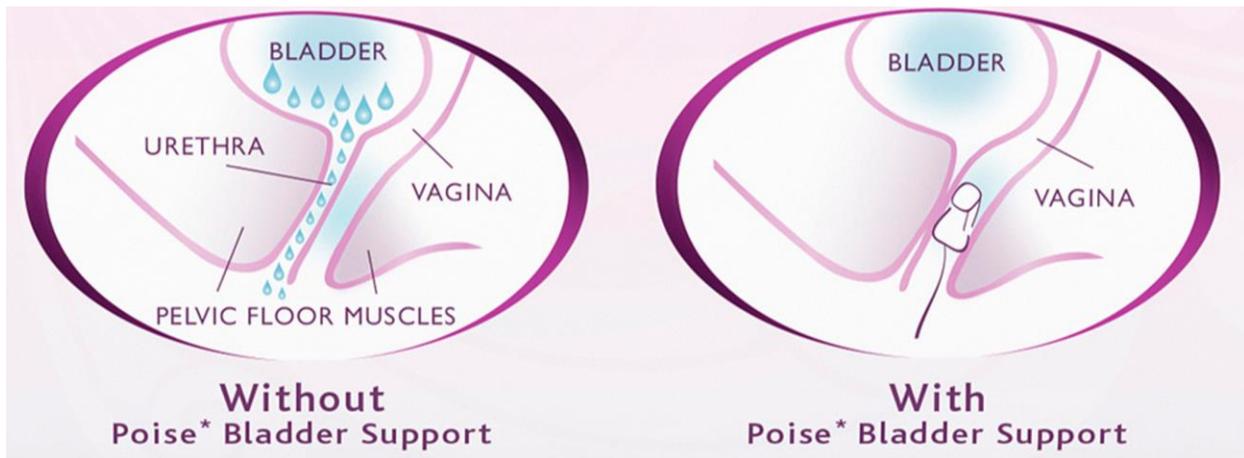


## New Treatments for Urinary & Fecal Incontinence

At times the “circle of life” may seem unfair; for example, we start off as babies wearing diapers and sometimes end up wearing them. Incontinence, the uncontrollable loss of urine or stool, ranks as one of the most embarrassing conditions. Consequently, many patients are reluctant to bring this up to their doctor and likewise many doctors prefer not to discuss it. Yet there are time-tested successful treatments and new ones being developed.

### Impressa Vaginal Incontinence Inserts

A new non-surgical option designed for the temporary management of Stress Urinary Incontinence (SUI) in women, [Impressa Bladder Supports](#) are a non-absorbent, removable vaginal insert that helps stop urine leakage. Available over the counter, Impressa is inserted into the vagina like a tampon to gently lift and give support to the urethra. This added support to the urethra helps prevent urine from leaking during activities like walking, exercise, coughing, and lifting.



### Apex Pelvic Muscle Stimulation

Apex is a reusable intravaginal probe that stimulates the pelvic floor muscles, to treat stress urinary incontinence. Weak pelvic floor muscles are one of the underlying causes of SUI, since they are responsible for closing the urethra. Kegel exercises are often recommended as an initial intervention, however, according to the NIH more than 50% of women who attempt to perform Kegel exercise do them incorrectly by over-using their abdomen, buttock or leg muscles. Because Apex directly activates and strengthens the pelvic floor muscles it may be more effective than you can do on your own.

Treatment sessions are completed in the privacy of your home. Each session lasts approximately





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10 minutes and is performed 6 days a week. SUI typically resolves within 10-14 weeks. Patients often notice improvement within a few weeks of use. Once desired bladder control is achieved, you continue with once or twice per week sessions to maintain muscle strength. [Apex](#) is available on the internet directly from the manufacturer for \$249.

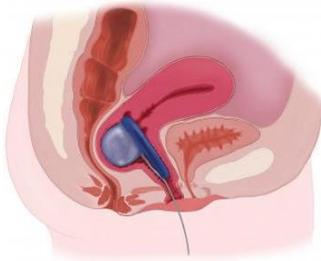
Honestly, too many OBGyns are too busy delivering babies to dedicate themselves to remaining up-to-date with in-depth knowledge and proficient surgical skills to care for women suffering from SUI and prolapse. Should conservative interventions fail to resolve urine leakage, then you should seek assistance from a doctor with expertise in incontinence.

One of the most successful, minimally invasive treatments called a [Urethral Sling](#). By reestablishing urethral support that was damaged during childbirth, it can help you regain bladder control in a 10-minute procedure with virtually no downtime. Schedule an appointment so we can determine if you are a good candidate and confirm that your health insurer covers it.



### Eclipse Vaginal Device for Fecal Incontinence

While less common, fecal incontinence has to be one of the most humiliating afflictions. Eclipse is the first vaginal insert designed to improve bowel control for women. The insert is placed in the same location as a tampon, and can be removed at any time. A small, detachable pump is used to inflate and deflate a balloon on the insert. The balloon is designed to control your rectum and prevent stool from passing. When you're ready to have a bowel movement, simply deflate the balloon. Once you have finished your bowel movement, inflate the balloon and go on your way. [Eclipse's](#) design allows you to actively control your bowels.



In so many ways medicine has prolonged our lifespans. We naturally wish to remain active unencumbered by joints that have too much wear 'n' tear or failing bladder and bowel control. Looks like we're addressing these issues as well.

Wishing you good health,

**Scott Kramer MD, FACOG**