

## HOW COMMON ARE URINARY CONTROL PROBLEMS?

Many people experience the loss of freedom and control associated with urinary control problems. Over 33 million people in the United States suffer from over active bladder (OAB).

What are the typical OAB symptoms? Depending on the problems, you may exhibit one or more of these symptoms:

- Inability to hold urine
- Frequent urination
- Inability to urinate
- Painful urination
- Incomplete bladder emptying

What are the common causes of OAB?

- Medications
- Surgery
- Disease
- Injury
- Childbirth
- Weakening of the pelvic floor muscles

The frustration and embarrassment caused by urinary control problems can take a heavy toll on your emotional well being. The good news is that there are effective treatments that may help solve the problem and restore your freedom.

## FREQUENTLY ASKED QUESTIONS

Can the medication I take cause urinary control problems?

Medications can cause urinary control problems in some patients. These include drugs prescribed for high blood pressure, depression, pain, allergies and fluid retention.

What foods or drinks are irritating to the bladder:

Certain foods and beverages can irritate the bladder and aggravate urinary control problems. These include coffee and tea (with and without caffeine), soft drinks, acidic juices, chocolate and citrus fruits.

Is just a small amount of leakage considered normal?

Urine leakage is never normal. If you are experiencing occasional wetting or leakage, it's a good idea to see your doctor.

Is loss of bladder function a normal part of aging?

No. If you're experiencing loss of bladder function talk to your doctor. One of the many different treatment options may work for you.

Will my urinary control problem get worse if left untreated?

Urinary control problems do not always get worse if left untreated. But they won't necessarily improve without treatment either.

What should I do if urinary control drugs don't work for me?

Voiding requires coordinated activity between the nerves and the muscles that control voiding. Medications are thought to address the muscles, and InterStim Therapy is thought to address the nerves. Many people try two or more urinary control medications without success. If medications were not the answer for you, InterStim Therapy may provide relief.

What is InterStim Therapy?

InterStim Therapy is a FDA-approved treatment for urinary control problems in-patients who have not had success with or could not tolerate more conventional treatments.

How does it work?

InterStim Therapy uses a small stimulator system, implanted under the skin, that provides electrical stimulation of the sacral nerves located near the tailbone. The sacral nerves control your bladder function. By gently stimulating the sacral nerves, InterStim Therapy

helps restore urinary control. Once the device is implanted, the stimulation can easily be adjusted or deactivated by yourself at home, or by your doctor in a simple, in-office programming session.

OAB is an extremely common problem in the United States. Unfortunately many people do not seek help for this problem or give up after medications do not work. InterStim Therapy is a treatment that has been available since the late 90s. It has a proven track record for helping people control or improve their symptoms related to OAB. For more information regarding this or other options for the treatment of urinary incontinence contact Dr. Craig McCoy at Central Missouri Women's Healthcare at 660-886-2842.