

Treatment Options for Urinary Incontinence

Stress Incontinence
Leakage with laughing, coughing, physical activity

Mixed Incontinence

Overactive Bladder
Urinary frequency, urgency, and/or incontinence associated with urgency

Non-Surgical

Pelvic floor muscle training

Pelvic floor physical therapy

Incontinence pessary

Urethral inserts

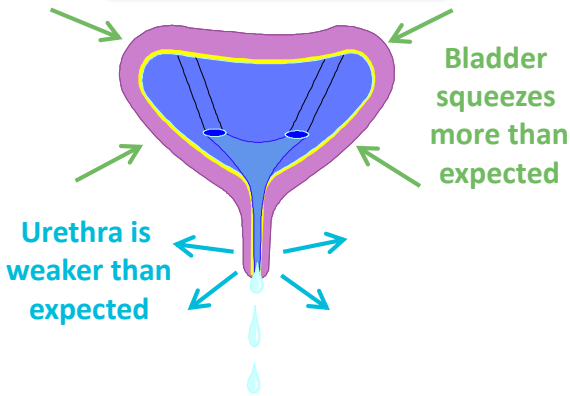
Surgical

Urethral bulking

Sling
• Autologous fascia (your own tissue)
• Mesh (retropubic or transobturator approach)

Retropubic suspension (Burch)

Clinical Trials



Reduce Risk Factors

- Patient education
- Weight loss
- Stopping smoking

1st line: Behavioral Therapy

Bladder control strategies & bladder training

Fluid management & avoidance of bladder irritants

Pelvic floor physical therapy

2nd line: Non-Surgical

Overactive bladder medications

Vaginal estrogen

3rd line: Minor Procedure or Surgical

Botox® injections into the bladder

Peripheral tibial nerve stimulation

Sacral neuromodulation (Interstim®)

Clinical Trials