

COMPREHENSIVE DIAGNOSIS AND TREATMENT FOR STRESS URINARY INCONTINENCE (SUI)

WHAT IS STRESS URINARY INCONTINENCE (SUI)?

Stress Urinary Incontinence (SUI) is the involuntary loss or leakage of urine that occurs during physical activity such as exercise, laughing, coughing and sneezing.

1 in 3 adult women have Stress Incontinence, which is the most common type of bladder control problem among women of all ages.

What causes SUI?

A number of factors influence SUI including:

- Pregnancy and childbirth
- Neurological conditions including multiple sclerosis, spina bifida and spinal cord injuries
- Obesity
- Chronic cough, oftentimes caused by smoking
- Certain medications, excessive alcohol consumption and caffeine
- Menopause
- Pelvic surgery or radiation treatment

Bladder control problems such as stress urinary incontinence (SUI) are very common in women of all ages. In fact, one in three adult women has stress incontinence. The incontinence specialists at Chesapeake Urology understand how bladder control issues can affect a woman's lifestyle and confidence. Our doctors are committed to helping restore patients' quality of life.

HOW IS STRESS URINARY INCONTINENCE DIAGNOSED?

The incontinence specialists at Chesapeake Urology will perform a comprehensive medical exam in addition to a urinalysis and blood work. Physicians often ask patients to keep track of urinary symptoms in a bladder diary. Additional testing may be required including:

- A pelvic ultrasound
- Stress test
- A post void residual test (PVR)
- Cystogram
- Cystoscopy
- Urodynamic testing

WHAT ARE THE TREATMENT OPTIONS FOR SUI?

While there are currently no medications approved in the U.S. to treat SUI, a Chesapeake Urology incontinence specialist may recommend one or more of the following lifestyle modifications as first line treatments, or surgical procedures to minimize symptoms:

- Physical therapy, including pelvic floor strengthening exercises
- Weight loss and quitting smoking
- Fluid and diet management
- A urethral sling, which is the most common and effective surgical intervention
- Urethral bulking

Secondary surgical treatments may include:

- Retropubic suspension surgery (Burch procedure)
- Autologous pubo-vaginal sling
- Radiofrequency bladder neck suspension

More information on back...

MEET CHESAPEAKE UROLOGY'S PELVIC HEALTH SPECIALISTS:



Andrew Shapiro, M.D., F.A.C.S.

Certified by the American Board of Urology
Fellow of the American College of Surgeons
Director, Chesapeake Urology Center for Continence
and Pelvic Floor Dysfunction of Chesapeake Urology;
Fellowship trained in female urology, neurourology
and urinary tract reconstruction

Areas of specialty: Urinary incontinence,
pelvic prolapse, voiding dysfunction,
neurourology and complex neurogenic
bladder cases



Conrad Duncan, M.D., F.A.C.O.G., F.A.C.S.

Certified by the American Board of Obstetrics and Gynecology
Board-certified in Urogynecology
Fellow of the American Congress of Obstetricians and
Gynecologists
Fellow of the American College of Surgeons

Areas of specialty: Urogynecology including
minimally invasive GYN surgery including robotic
surgery, female urinary incontinence, overactive
bladder, pelvic organ prolapse, fecal incontinence,
abnormal uterine bleeding/fibroids, interstitial
cystitis, chronic pelvic pain, and vaginal birth injuries



Lisa Hawes, M.D.

Certified by the American Board of Urology

Areas of specialty: Female urologic conditions
including incontinence, pelvic prolapse, urinary
tract infections and interstitial cystitis; kidney
stone disease and conditions



Kelly Johnson, M.D.

Fellowship trained in female urology, neurourology and
urinary tract reconstruction
American Board of Urology Board Eligible

Areas of specialty: Female urology,
neurourology, pelvic reconstructive surgery,
urinary incontinence, pelvic prolapse, chronic
pelvic pain, interstitial cystitis and complex
neurogenic bladder cases



Kannan Manickam, M.D.

Certified by the American Board of Urology
Fellowship trained in female urology, urodynamics,
pelvic floor and urinary reconstruction, and sacral
neural modulation

Areas of specialty: Female incontinence and
pelvic prolapse conditions



Kaiser Robertson III, M.D., F.A.C.S.

Certified by the American Board of Urology
Fellow of the American College of Surgeons

Areas of specialty: urinary incontinence and pelvic
reconstructive surgery



Victoria Staiman, M.D., F.A.C.S.

Certified by the American Board of Urology
Fellow of the American College of Surgeons

Areas of specialty: Female incontinence
and pelvic prolapse, urinary tract infections,
hematuria, voiding dysfunctions and kidney
stone disease



Sondra Beth Barker, CRNP, MS, RN

Working with urogynecologist Dr. Conrad Duncan,
Sondra is a women's health nurse practitioner
who specializes in urogynecology.

Areas of specialty: Incontinence services
including management of stress urinary
incontinence and overactive bladder treatment
programs, tibial nerve stimulation, urodynamics
studies and medication management, as well
as pelvic floor disorder services including
management of chronic pelvic pain and interstitial
cystitis, bladder instillations, vaginal pessary
fitting and placement, medical therapy for pelvic
organ prolapse, and sexual dysfunction

Speak with a Chesapeake Urology specialist today to find the best solution to your patient's urinary incontinence. Call 877-771-9508, or visit us on the web at www.chesapeakeurology.com

877-771-9508