COMPREHENSIVE DIAGNOSIS AND TREATMENT FOR
STRESS URINARY INCONTINENCE (SUI)

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

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

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

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