

By Robert Pugach, MD



Beating your bladder control problem without medication

Many men and women of all ages suffer in silence with bladder control problems. In fact, over 40 million Americans have bladder control problems. In my urology practice, we find that far too many patients wait too long to discuss their bladder control problem with their doctor. You don't have to feel too embarrassed to talk to your doctor nor do you have to rely on medication or use messy pads or diapers to cope with your bladder control problem. There are many new procedures and treatments available to correct bladder control issues.

Women are twice as likely as men to have bladder control problems than men, primarily due to the structure of the female pelvic floor. For men, bladder control problems are most often related to their prostate; for women, the causes are many. Some of the more common reasons associated with bladder control problems include:

- Pregnancy
- Pelvic surgery such as a hysterectomy
- Menopause and loss of hormones
- A dropped bladder or uterus
- Involuntary bladder spasms
- Diabetes
- Urinary tract infections
- Constipation
- Various nerve conditions
- Drug interactions
- Excessive weight
- Lack of exercise

The symptoms of a bladder control problem may include loss of urine when exercising, laughing, sneezing, and lifting, playing sports or during sexual activity. If you suffer from an overactive bladder, you may have sudden or frequent urges to urinate or, in its worst form, you may urinate uncontrollably before getting to a bathroom. Many people experience symptoms of urinary frequency, urgency, leakage or a combination of all three.

Fortunately most men and women can take control of their bladder problems without taking expensive medications that may cause side effects and are limited in their effectiveness. If you have taken, or are currently taking, bladder control medications that haven't given you the relief you want, there are excellent alternatives. Some of the most effective in-office procedures are:

- Biofeedback – simple, computer assisted exercises to help strengthen weak muscles and eliminate sudden, embarrassing urges to urinate.
- Renessa® System for stress incontinence that takes less than one hour. With this remarkable treatment, there are no incisions, bandages or dressings required. Recovery is rapid and comfortable
- Interstim® controls overactive bladder symptoms. It takes 30 minutes to perform and can eliminate your bladder control problem overnight.

So, if you suffer from the inconvenience or embarrassment of a bladder control problem, don't cover it up with messy pads or diapers. If you've tried medications and they haven't worked,



there are options for you that may be far more effective. Bladder control problems should not be considered normal – there are effective treatments that can help you regain the control you want.

At Pacific Coast Urology Medical Center, Dr. Robert Pugach offers services that focus entirely on bladder control problems for women and men. The Center specializes in new, innovative, minimally invasive treatment options to help you regain control of your life. Visit www.pacificcoasturology.com to learn more about bladder control treatments. To make an appointment with Dr. Pugach, call 888.735.4336.