



What You Need To Know About Women's Bladder Controls

by **ROBERT G. PUGACH, MD**

There are four main categories of bladder control problems:

- **Stress incontinence** - leaking urine when you cough, sneeze, laugh or exercise. This occurs when the pelvic and sphincter muscles become weak or the urethra loses its support and moves too much.
- **Urge incontinence** - leaking urine after a sudden and strong urge to urinate. This problem may be caused by nerve damage from diabetes, infection, a stroke, back problems, hormone imbalance or other medical conditions.
- **Overactive bladder** - the need to urinate frequently during the day and/or getting up to urinate during the night. With this condition you may also have urge incontinence.
- **Mixed incontinence** - a combination of stress and urge incontinence.

Some of these symptoms can get so bad that some women rarely leave home because of embarrassing leakage. At Pacific Coast Urology's Bladder Control Center for Women we have helped countless women regain bladder control and return to the activities they love. From new medications to advanced biofeedback exercises, acupuncture (PTNS) to minimally invasive outpatient surgical procedures using a battery (Interstim®), there is an answer for most women that can help.

To learn more about bladder control problems, we invite you to join us for a community education seminar about bladder control on Wednesday, April 17, 2013 at 6:00 pm at the Residence Inn Marriott located at 4931 Katella Ave., Los Alamitos. Call, 888-735-4336 to reserve your seat.

Bladder control problems affect 50 million Americans and it is one of the most common health problems that women face. While many think that the condition only affects older women, the truth is that women of all ages may have urine leakage (incontinence) or other bladder control issues.

Pacific Coast Urology Medical Center, led by Dr. Robert Pugach, is one of the leading medical practices in the US specializing in the minimally invasive treatment of urological conditions, including procedures to improve and correct bladder control. www.pacificcoasturology.com

