



Bladder Control Can be a Problem for Women of All Ages, but There are Solutions!

By Robert Pugach, MD & Evans Tran, PA

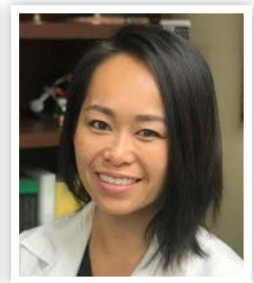
Bladder control problems affect 50 million Americans and are one of the most common health issues that women face. While many people may think that the condition only affects older women, the truth is that women of all ages may have symptoms related to an overactive bladder.

Bladder control problems can also cause urine to leak. There are two main types of leakage: stress incontinence and urge incontinence. Women who have a combination of both stress and urge leakage are referred to as having mixed incontinence.

Unfortunately, whatever form it takes, the impact of bladder leakage or overactive bladder symptoms can be debilitating. Women are often too embarrassed to share their symptoms or may not be aware that there are non-surgical options out there. At Pacific Coast Urology Medical Center's Women's Bladder Control Center of Excellence, we offer many non-surgical solutions.

At our state-of-the-art bladder control center, we spend time with our patients to review their medical history and voiding patterns (bladder diary). We test their bladder function and review all treatments that are available for bladder control using a customized pathway that we have developed. At the end of the discussion, we help you decide what the best solution is for you.

Bladder control problems affect millions of women. It is important to know that early diagnosis and treatment leads to better outcomes. Our goal is to help educate women on the various non-invasive solutions to their bladder problems so that they can continue to enjoy their normal daily activities.



I encourage you to call our office at (888) 735.4336 to schedule a confidential consultation. To learn more and view bladder control educational videos, please visit www.pacificcoasturology.com.