



Are frequent bathroom trips disrupting your life?

Don't let your bladder problem control what you do!

Bladder control is one of the most common health problems for women - as many as 15 million women in the United States suffer from this embarrassing condition. It can cause frequent trips to the bathroom or sudden urges to urinate, sudden urges that make you stop what you are doing to find a bathroom quickly or, in its worst form, it results in incontinence or uncontrolled leakage. Incontinence can also occur with movement, exercising, coughing, sneezing, laughing or any other physical activity. Living with a bladder control problem is a challenge because it disrupts so many of your daily living activities.

What many women do not know is that incontinence can occur at any age. It usually starts in childbearing years and becomes more common as we get older. Because many women do not know that it can be cured, or have not felt comfortable discussing bladder control problems with their doctor, they start wearing absorbent pads or limit normal daily activities to avoid leakage.

Causes of incontinence

There are many causes of bladder control problems and incontinence. Here is a partial list:

- Bladder (urinary tract) infections
- Changes in your anatomy from pregnancy or surgical procedures
- Involuntary contractions of the bladder muscle due to low estrogen levels that occur after menopause
- Diuretics (water pills) and caffeine-containing drugs
- Diseases of the bladder nerves
- Back injuries
- Bladder tumors or bladder cancer
- While difficulty with bladder control can be a sign of a serious disease, such as cancer, remember early diagnosis and treatment can lead to a cure!

Perhaps the most important part to getting relief from your bladder control problem is to understand that it should not be considered a normal part of getting older. In the past, many people believed this and did not seek the help they needed. Now, medical science can provide relief in most patients. Treatments include:

- Medication or diet changes
- Special computer assisted pelvic muscle exercises (biofeedback)
- Home exercises using special weights
- Outpatient procedures that range from injections of protein

paste to new, simple plastic slings that can stop leakage instantly

- Advanced, minimally invasive surgical techniques including the remarkable bladder battery or pacemaker

The bladder battery or pacemaker procedure starts with a simple office test. A device that is the size of a silver dollar can be inserted just underneath your skin and send a signal to your over-active bladder to stop it from contracting too often and uncontrollably. The technology is remarkable – whenever your bladder tries to contract too often or without control, the battery sends a message to your bladder muscle to relax. The results can be dramatic. You won't even know when it's working – it's painless!

Imagine being able to go about your normal daily activities once again, without worrying about frequent or urgent urination or embarrassing episodes of bladder leakage! Treatment begins with a phone call to your primary care physician or urologist. Don't delay! **HB**

To learn more about bladder control treatments and other urologic treatments, please visit www.pacificcoasturology.com, or call Pacific Coast Urology Medical Center at (888) 735-4336 for an appointment. Dr. Robert Pugach specializes in minimally invasive treatments of urological conditions and has been named as one of America's Top Physicians for four years in a row. Dr. Pugach also is one of a few urologists in the United States trained and skilled in treating prostate cancer patients with High Intensity Focused Ultrasound (HIFU).

Symptoms of Incontinence

Do you frequently have a strong, sudden urge to urinate?

Do you sometimes go to the bathroom eight or more times a day?

Do you sometimes not make it to the bathroom in time?

Do you get up two or more times during the night to go to the bathroom?

Do you experience a loss of urine when doing physical activities, such as lifting heavy objects or exercising?

Do you sometimes have a slight loss of urine when you sneeze, cough or laugh?