

Urinary incontinence

here is what you need to know

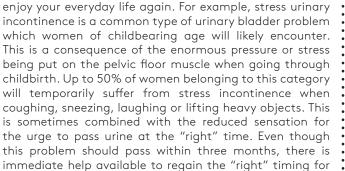
passing urine by inserting a mechanical device into the vagina to support the temporarily displaced bladder outlet.

Another very common problem is a conditioned urinary bladder problem known as urgency urinary incontinence. Our working hours sometimes do not allow us to pass urine when the urge is felt, hence we condition ourselves to pass urine when there is no need to go, or when it is too late. The complexity of the nervous system gets turned upside down so we do not allow the bladder to be relieved when it is full, but rather at times when it is convenient for us to do so, for example when we are near a toilet. Our bladder inadvertently responds to the toilet sign and suddenly there is an uncontrollable urge to go. Through (toilet) training, one can relearn the appropriate times to go. Sometimes one might experience both these conditions simultaneously, which is known as mixed urinary incontinence. However, even for this there is a 100% cure with the help of a specialist who offers therapy in combination with a physiotherapist.

Typically, men will start to face urinary problems from the age of 50. In fact, one out of every three men will suffer from benign prostatic hyperplasia, which is a reduced flow in the urinary stream. Incomplete emptying of the urinary bladder and a residual volume, followed by post-void dribbling, are the main complaints. Help is available, but you need to come forward and see a doctor. There is specific medication to increase the capacity of the bladder as well as medication to reduce the urethral pressure, which will make it possible for you to enjoy an improved lifestyle again.

This article should by no means be considered a complete or comprehensive report on the field of urinary incontinence and its associated social problems, but its purpose is rather to support and encourage you to seek help.

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ost people, regardless of ethical

background, age or sex, will at some

point suffer from urinary incontinence.

As troublesome as it may be, people

generally hesitate to ask for advice or

help. The embarrassment is keeping

us from overcoming the threshold of

possible relief through professional help. As the social

stigma dictates, we would rather put up with it than let

anybody know about a certain weakness we have. People

would rather stop their social life, stay at home, or even

find all kinds of excuses to avoid friends - all just to make

sure nobody will see them in the embarrassing situation

of leaking urine. But it does not have to be like this. There are many trained health professionals who could help you

to get through your daily life without having to miss out

on your favourite indoor or outdoor activities such as yoga

Your request for help will be handled with the utmost

respect and confidentiality. The professional integrity of

health personnel will help you to find a way of dealing

with your bladder problem without feeling embarrassed.

Sometimes it does not require a lot - for example, a slight

change in your daily fluid intake might already do wonders.

Yes, specialists are trained in this field and do treat

patients according to certain categories, but this is

necessary to find the right management plan to help you

classes or meeting your friends for dinner.



