



Lancashire
Gynaecologist
Eric Mutema

Overcoming Stress Urinary
Incontinence

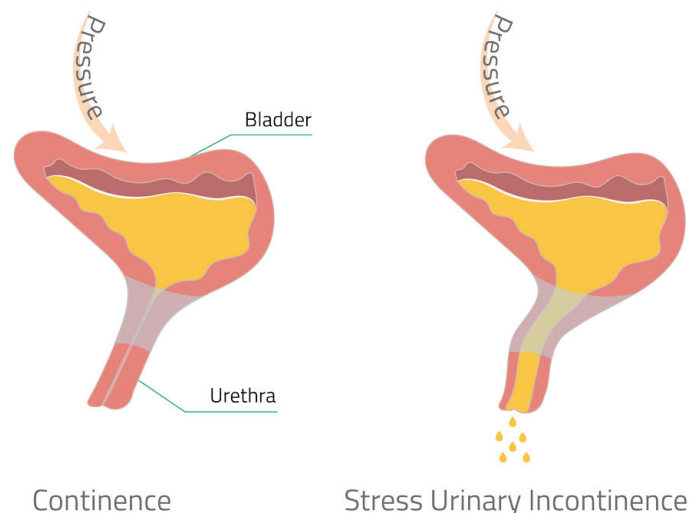
Staying in control – overcoming Stress Urinary Incontinence with Bulkamid

Stress Urinary Incontinence (SUI) is a surprisingly common condition that will affect one in three women during their lifetime. Most women will keep quiet about SUI because they are too embarrassed to discuss it openly. If, like most of the women affected by SUI you've been suffering in silence, you are not alone and there are now more options for getting help to overcome this inconvenient condition.

This feature looks at Bulkamid, an increasingly popular and highly effective treatment that can help women to overcome SUI.

What is SUI?

Stress urinary incontinence is the unintentional passing of urine during activity or exertion – even something as inconsequential as a cough or a sneeze. It is caused by weakening of the pelvic floor muscles and can have a significant impact on a woman's daily activities, affecting her relationships and emotional well-being.



Why does SUI happen?

It can happen at any age in a woman's lifetime. The main risk factors include pelvic disorders from giving birth, vaginal prolapse, pelvic floor surgery, ageing, menopause and other conditions.

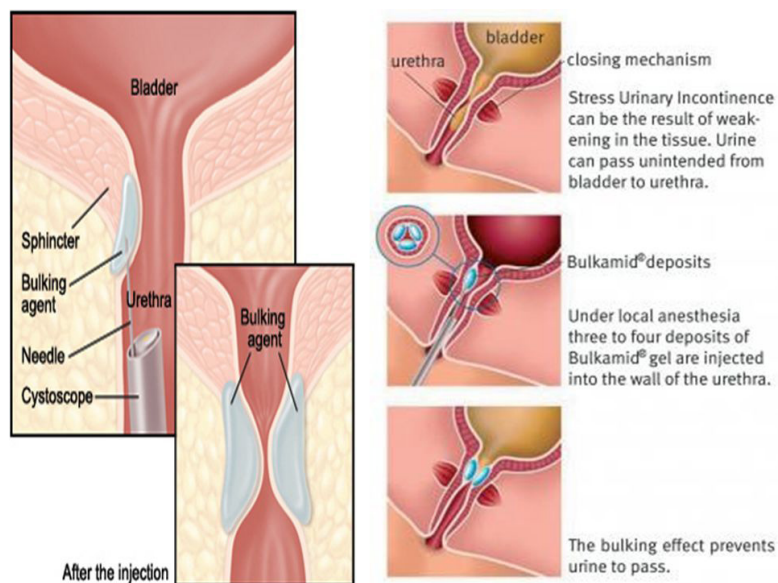
- Being pregnant and giving birth are the most common causes of weakening of the pelvic floor, particularly if your baby was large, you had an assisted birth (forceps/ventouse), or your labour was prolonged. Although post-natal pelvic floor exercises are important and can help, they do not always prevent urinary incontinence.
- Urinary incontinence and vaginal prolapse is more common as you get older, particularly after the menopause.
- Being overweight can weaken the pelvic floor.
- It is possible to have a natural tendency to develop urinary incontinence.

It will often be a combination of these factors that cause women to develop SUI.

How is usually treated?

Women will often use incontinence pads which are uncomfortable and embarrassing. Treatment usually starts with simple solutions; weight loss or physiotherapy to strengthen the pelvic floor muscles. In more severe cases, surgery may be necessary.

The Bulkamid option – what is it and how does it work?



Bulkamid is a long-lasting treatment that uses a urethral bulking agent and is effective in overcoming the symptoms of SUI. In a simple procedure that only takes around 10-15 minutes, recent studies have shown that most women treated with Bulkamid have relief from the symptoms of SUI for at least seven years.

Bulkamid is a soft gel consisting of 97.5% water and 2.5% polyacrylamide. It can maintain its shape and volume years after implantation, providing long term relief from urine leakage.

Bulkamid is injected into several points in the urethra, usually in pea sized lumps, which will add volume to the tissue. This supports the closing mechanism of the urethra and provides better control of urine when you cough, laugh, exercise or change position.

Why chose Bulkamid?

It's minimally invasive, safe with very few side effects, and can be performed in 10-15 minutes under local anaesthetic with a quick recovery time. Between 50-75% of women who receive Bulkamid report they were cured or significantly improved. Recent data from studies has shown the effect can last up to seven years in some women. If the effect of Bulkamid is insufficient following the first injection, a top-up injection can be given to help achieve satisfactory relief of symptoms.

Would I be a suitable candidate for Bulkamid?

If you have the symptoms of SUI, it is highly unlikely they will go away on their own and will be having a negative impact on your life; probably stopping you from going about your daily activities. Please don't suffer in silence. A Bulkamid injection could be the ideal solution, and can help you to return to your normal self very quickly.

Mr Eric Mutema
Consultant Obstetrician and Gynaecologist
MBChB, MRCOG



Why choose the Lancashire Gynaecologist?

Unlike other practices, Lancashire Gynaecologist has administered Bulkamid successfully to many women as an office procedure and the founder, Mr Eric Mutema is a respected specialist in urogynaecology and vaginal surgery.

If you would like to find out more about his Bulkamid treatment, please get in touch. The Lancashire Gynaecologist Practice combines Mr Mutema's clinical expertise with excellence in patient-centred care, empathy and consideration for the individual.



Lancashire
Gynaecologist
Eric Mutema

For more information, contact:

Cheryl Wood
Secretary to:
Mr Eric Mutema
Consultant Obstetrician and Gynaecologist
MBChB, MRCOG

Tel: 07835487700

Call: info@lancashiregynaecologist.co.uk

lancashiregynaecologist.co.uk