



Lancashire
Gynaecologist
Eric Mutema



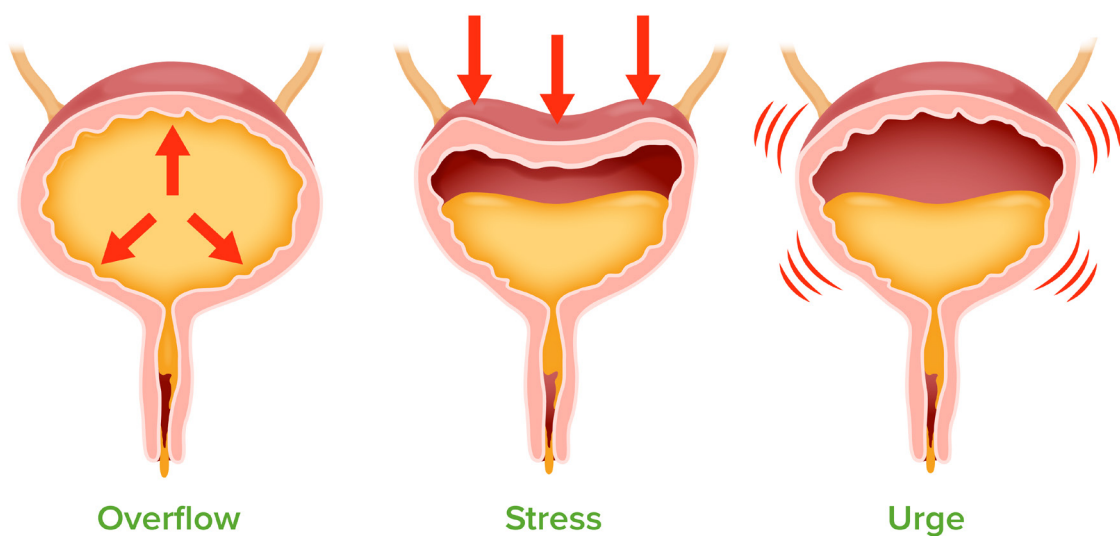
Female Urinary
Incontinence

Don't be ashamed: why we need to talk about female urinary incontinence

Urinary incontinence, or the unintentional leakage of urine, is a very common problem among women. It will affect almost one in two women during their lives. Unsurprisingly, it's a condition that most women are too ashamed to talk about. And because of that silent shame, it wasn't always considered enough of a problem to be prioritised.

Thankfully, that has changed and the conversation has started, along with the realisation that help is out there. Embarrassing or difficult continence issues are often completely treatable, especially if they are caught early.

The main types of urinary incontinence



Urinary incontinence can occur in several main ways:

- Stress incontinence happens when you cough, sneeze, laugh, bend over or during exercise.
- Urge incontinence is an overwhelming urge to pass urine so that the person cannot reach the toilet in time.
- Women who experience both of these have mixed urinary incontinence.
- Overflow incontinence (chronic urinary retention) – being unable to fully empty your bladder, causing leakages.
- Other factors include infections of the urinary tract, post-surgery problems and in some cases, neurological conditions.

Some types of incontinence are more common in different age groups. Stress incontinence, for instance, is more common in women aged 35-45. Childbirth and obesity are risk factors. Mixed urinary incontinence is generally seen in women aged 45 and over. Its risk factors are obesity, menopause and hysterectomy surgery. Urge-only urinary incontinence is most common in elderly women and the main risk factor is simply ageing.

We've already covered the topic of how menopause can affect a woman's bladder in an earlier blog but urinary incontinence happens to many women at all stages of their lives, so it's important to seek medical advice.



Talk to your doctor

Female urinary incontinence often goes untreated even though it significantly affects well-being and quality of life. If your symptoms are persistent and interfere with your day-to-day activities – like worrying about whether toilets are available when you go out shopping- tell your doctor. It's a common problem and a variety of treatments are available.

Treatments

A doctor should check your urine to eliminate specific causes and may also suggest a blood test to check blood glucose levels (to exclude diabetes) and your kidney function.

Some women will be referred to a physiotherapist and taught pelvic floor exercises and given bladder retraining. Pelvic floor muscles hold the bladder, uterus and vagina and bowel in the correct positions and if they are weakened, incontinence can occur. Some women will be advised to lose weight or avoid drinks containing caffeine (they increase the urge to urinate), and be given suggestions to prevent urinary tract infections. For some women, a combination of pelvic floor exercises or bladder retraining and weight loss will be enough to reduce their symptoms.

For serious cases, or for specific types of urinary incontinence, drug treatments and surgery will be used and can have good outcomes. It is worth noting that all our treatments are non-mesh related.

The Lancashire Gynaecologist – an expert in treating urinary incontinence

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist and his private practice, The Lancashire Gynaecologist, provides a range of the latest and most effective treatments available to help women with urinary incontinence.

Mr Mutema's specialist training was in urogynaecology. He can diagnose bladder problems using cystoscopy and offers a wide range of treatments and solutions for female urinary incontinence; such as Bulkamid injections, bladder botox, bladder installation and colosuspension for stress incontinence. He also has considerable experience of treating female pelvic floor problems; including vaginal prolapse, obstetric anal sphincter injuries and urinary incontinence.

Mr Mutema has spearheaded day-case pelvic floor surgery reducing the inconvenience for busy women. His evidence shows that women who need this kind of intervention will often have better recovery and improved outcomes from day-case surgery.



Mr Eric Mutema
Consultant Obstetrician and Gynaecologist
MBChB, MRCOG



Why choose the Lancashire Gynaecologist?

The Lancashire Gynaecologist a leading expert in urinary incontinence – one of the most commonly experienced but neglected female health conditions.

We can offer patients individual attention, an empathetic, compassionate approach together with patient-centred care. Patients will receive a full consultation that takes their overall health into account, and subsequent treatments will be tailored to meet individual needs.

Urinary incontinence can be socially embarrassing and prevent women from fully participating in everyday activities. If you are experiencing symptoms, don't feel embarrassed please talk to us. Mr Mutema has successfully treated hundreds of women, and he can help you too.



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