

Overview of Urinary Incontinence

Definition:

Urinary incontinence, the involuntary leakage of urine, is an extremely common condition affecting up to 50% of Australian women. Unfortunately, it is undertreated with only 1 in 4 symptomatic women in the community seeking care.

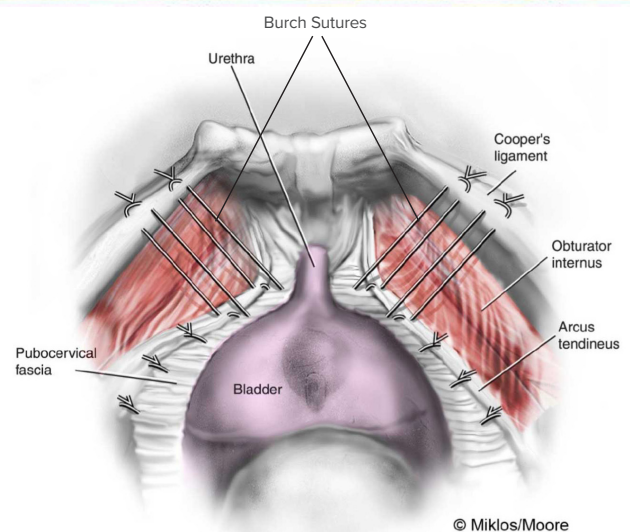
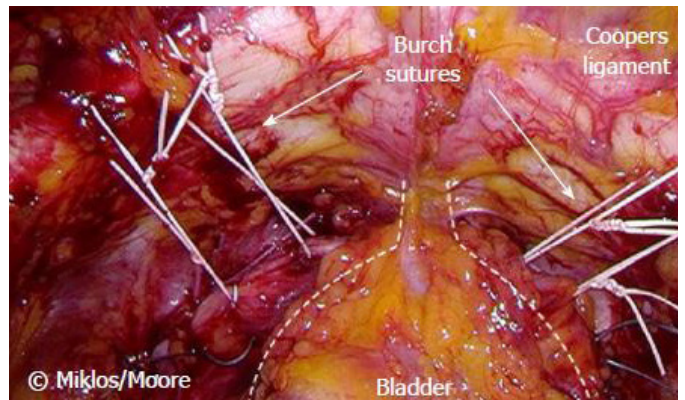
Incontinence leads to significant impacts on quality of life, from work impairment and social isolation, to sexual dysfunction and increased risk of falls. It is important to understand the different types of urinary incontinence, as they each have their own unique aetiology and treatment options. Parity and mode of delivery are important risk factors, leading to an increased burden of disease in younger premenopausal women. Although symptoms usually worsen with time, it is never too late to start treatment.

Background:

The negative media attention surrounding vaginal mesh procedures has seen a rise in demand for minimally invasive non-mesh options for the treatment of stress urinary incontinence (SUI). The laparoscopic Burch colposuspension (LBC) is a non-mesh alternative to synthetic midurethral slings (MUS) with similar short-term outcomes. Up until recently, long-term outcomes were not well established, that was before the 2019 study published in Aust N Z J Obstet Gynaecol. 2019 Dec;59(6):850-855. The results of this study of 150 cases of LBC done by a single surgeon over 50.6 months time period was that the primary outcome of successful treatment was achieved in 90.5% of women. New-onset or worsened symptoms of OAB was reported in 10.2%, with a further 8.8% of women experiencing symptomatic voiding dysfunction. Sixteen patients (11.7%) reported new-onset or worsening symptoms of prolapse. There were no major surgical complications.

The conclusion was LBC is a safe and effective long-term treatment for SUI, with low failure rates and minimal adverse outcomes. It is a suitable alternative for women with contraindications to mesh or those having concomitant laparoscopic procedures.

A new clinic for Incontinence treatments and surgery is now starting with Dr Dean Conrad and Kareena Private Hospital.



Ref : Long-term patient-reported outcomes after laparoscopic Burch colposuspension

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Aust N Z J Obstet Gynaecol
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Come and hear more about it when Dean talks on November 15th at Kareena's Dinner and discussion GP Education series in the Conference room Ground floor at the hospital.



DR DEAN CONRAD

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Dr Dean Conrad is a specialist Obstetrician and Gynaecologist, dedicated to advancing care for women's health. He has undergone advanced training in minimally invasive complex pelvic surgery, with particular interest in advanced endometriosis and non-mesh alternatives to urinary incontinence and prolapse.

Specialties

Obstetrics and Gynaecology, Fertility - IVF, Gynaecology, Robotic Surgery

Locations

Kareena Private Hospital

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