



treatment options
for
INCONTINENCE



ONE

Behavioral Techniques

These methods involve lifestyle changes and behavioral adjustments, including scheduled bathroom trips, fluid management, and pelvic floor exercises to strengthen pelvic muscles.



Bladder Training

Gradually extend time between bathroom visits, practicing bladder training, to improve and eventually overcome urinary incontinence. Consistency is key.



THREE

Kegel Exercises

Strengthen pelvic floor muscles with regular Kegel exercises to improve control and alleviate symptoms of urinary incontinence effectively over time.



Medications

Certain medications, such as anticholinergics or beta3 agonists, can help relax the bladder muscles or reduce spasms, improving control over urinary urgency and frequency.



Pessaries

These small, removable devices are inserted into the vagina to support the pelvic organs and help reduce stress urinary incontinence.



Biofeedback

This technique involves using sensors to provide feedback about pelvic floor muscle activity, helping individuals learn how to better control these muscles.



Surgery

In some cases, surgical procedures such as sling procedures, bladder neck suspension, or artificial urinary sphincter implantation may be recommended, especially for stress or mixed incontinence that doesn't respond to other treatments.



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Urogynecologists*