Female Urinary Incontinence

2019 University of Iowa Refresher Course for the Family Physician
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I have no disclosures.

Definitions

• Urinary incontinence
  • Complaint of any involuntary leakage of urine
• Stress urinary incontinence
  • Leakage on effort or exertion, or on sneezing or coughing
• Urgency urinary incontinence
  • Leakage accompanied by or immediately preceded by urgency
• Mixed urinary incontinence
  • Both
• Overactive bladder syndrome
  • Urgency, usually accompanied by frequency and nocturia, with or without UII

Case

- 55 yo female presents complaining of leakage of urine with coughing, laughing and lifting as well as the feeling of always needing to rush to the toilet.
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- Atrophy
- Urethral mobility
- Cough stress test
- Prolapse
- Pelvic masses
- PFM strength/dysfunction
- PFM tenderness
When are urodynamics indicated?

- Unclear diagnosis
- Failed conservative treatment
- Considering invasive/morbid treatment
- History of urologic surgery
- Neurogenic patients

Case

- 55 yo female presents complaining of leakage of urine with coughing, laughing and lifting as well as the feeling of always needing to rush to the toilet.
OAB – First line treatment

- Bladder diary
- Timed voiding/bladder training
- Reduce bladder irritants
- Fluid restriction
- Weight loss
- Pelvic floor muscle training
- Topical vaginal estrogen*

*Topical vaginal estrogen is not a standard first line treatment for OAB.
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Mean 7.8 kg weight loss led to mean 47% reduction in UI episodes

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Home exercise vs. formal PT
- Motivation
- PFM dysfunction
OAB – First line treatment

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- Timed voiding/bladder training
- Reduce bladder irritants
- Fluid restriction
- Weight loss
- Pelvic floor muscle training
  - Topical vaginal estrogen*

OAB – Second line treatment (pharmacologic)

- Oxybutynin XR 5 mg once daily is my go to
  - Reduced side-effects compared to IR
  - Review risks
  - Self-titrater
- Trospium XR 60 mg once daily
  - Quaternary amine
  - May consider if cognition is a concern
- Mirabegron 25 mg once daily
  - Beta-3 agonist
  - Review blood pressures
  - May be used first-line
  - +/- anticholinergic

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**No more than 2 medications**
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Don’t forget about optimizing first-line treatment after starting a medication.

OAB – Third line treatment (procedural)

SUI – Non-surgical treatment

- Timed voiding
- Weight loss
- Pelvic floor muscle strengthening
- OTC vaginal insert
- Incontinence pessary

Similar management for OAB/UI
SUI – Non-surgical treatment

• Timed voiding
• Weight loss
• Pelvic floor muscle strengthening
  • OTC vaginal insert
  • Incontinence pessary

SUI – Surgical treatment

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Thank you! Questions?