

Urinary incontinence to the test

Key factors in 5 points (1)

1 The mechanism



Urethral sphincter insufficiencies that lead to urinary leaks when intra-abdominal pressure suddenly increases

2 False preconceptions

* « It only concerns elderly women »



NO 1 out of 5 women over the age of 18 are concerned

* « It's not that serious »

YES the psychosocial consequences are very important



Shame



Loss of self-esteem



Confinement



Antisocial behavior

3 Solutions to reduce leaks

Pelvic floor muscle training



Surgical intervention (laying strips)



Intravaginal device: Diveen®



Innovation

4 Main causes



Pregnancy & delivery



Overweight



Hormones



Surgical history

5 High risk situations



Coughing. Sneezing. Laughing



Exercise & dancing carrying loads

(1) Haab. F. et al. Traitement de l'incontinence urinaire d'effort par colposuspension percutanée: une technique non satisfaisante. Progrès en urologie 2001, 11:336-339