

Incontinence a problem among young women too

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Gurgaon: Genuine Stress Incontinence (leakage of urine) isn't an uncommon problem in current times, say city doctors, with many younger women starting from the age of 20 to 80 years approaching urologists to rectify this disorder.

However, despite a 100% increase in the number of patients over the past five years, doctors say that many cases often go unreported as patients are embarrassed to talk about the ailment, despite knowing that non-treatment of this disease deteriorates their quality of life tremendously.

According to city doctors, there could be several reasons for this disease. However, the commonest one is called genuine stress incontinence (GSI). "Stress incontinence is when urine leaks because there is a sudden extra pressure within the abdomen and on the bladder. This pressure (or stress) is caused by activities like coughing, laughing, sneezing or exercising (such as running or jumping). Weakened



pelvic floor muscles cannot support the bladder and urethra well and the pressure is too much for the bladder outlet to withstand. This leads to urine leak. Small amounts of urine may leak, but sometimes it can be quite a lot and can cause embarrassment," explained Dr Kaushiki Dwivedee, Urogynaecologist, Max Hospital Gurgaon.

The doctor added that overall about 4 in 100 adults are incontinent, and well over half of these are due to stress incontinence. Stress incontinence becomes more common

in older women. As many as 1 in 5 women over the age of 40 years have some degree of stress incontinence.

Younger women, who have undergone the process of a natural child birth, can also be affected by this disorder. Doctors suggest that expecting mothers should insist that they be taught muscle strengthening exercises so as to prepare the pelvic muscles.

Doctors say that this condition is mostly rectifiable by simple medication and regular exercise in as many as 8 out of 10 patients while the remaining might require a minimal invasive surgery.

Corrective surgeries like tension free vaginal tape (TVT) and TVT Obturator System are simple urogynaecological surgery procedures which take hardly 15 minutes of the patients time to get back her many years lost in adult diapers. "These are required in barely 20% of all the patients who have been observed for say a year and not shown significant improvement," explained Dr Ravi Goel, Urologist, Columbia Asia hospital.