

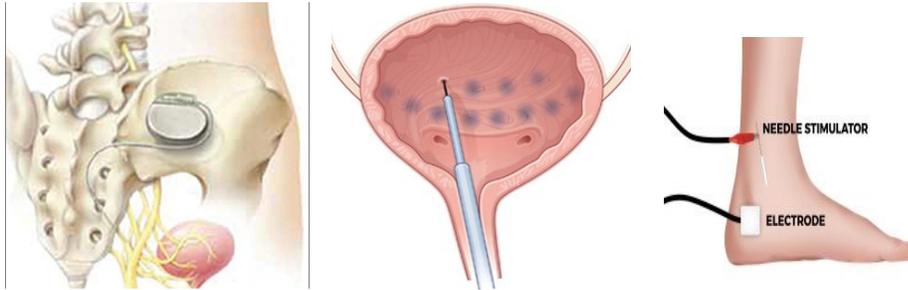
URGE URINARY INCONTINENCE



URO-JO

Happy prostate, Happy man

Advanced Management



Conservative management -12 months

Life style changes, Dietary changes, Weight loss, Exercise
- Pelvic Floor Physiotherapy!! -

Advanced Therapies

Medication

2-3 month trial depending on drug and side effects
Can be started simultaneously with conservative management

Sacro Neuromodulation SNM

What is it?

A small electrical current sent through the S3 nerve to bladder

How is it done?

Usually 2 day procedures, a week apart under LA and sedation

Electrode placed under imaging through the back, into S3 foramina

Battery placed under the skin

Benefits

Changes the impulses to bladder and bowel

Up 80% improvement in bladder and bowel function

• Side effects

Pain at nerve site
Leads can shift

Intravesical BOTOX

What is it?

Potent Neurotoxin blocking release of Acetylcholine to the detrusor muscle

How is it done?

Delivered by flexible or rigid cystoscopy

LA and / or sedation

Day procedure

Benefits

Changes the impulses to bladder

Up 80% improvement in bladder function

• Side effects

Increased post void residual volumes
Increased UTI rates
2% risk of urine retention

Posterior Tibial Nerve Stimulation (PTNS)

What is it?

A small electrical current sent through the posterior tibial nerve to bladder

How is it done?

A small needle placed behind the medial malleolus (ankle)

Weekly for 12 weeks, then once a month, no anaesthetic

30 minute sessions

Benefits

Changes the impulses to bladder

Improved bladder function

• Side effects

Unexpected reflexes in toes during treatment / tingling.
Bruising, pain or bleeding around the puncture site.

Dr Jo Schoeman

Main Offices:

Suite 46, Level 4

The Wesley Medical Center

WESLEY Hospital Auchenflower

Visiting:

St Andrews War Memorial Hospital

Caboolture Private Hospital

Functional Urologist

- BPH - minimally therapies MIST, Greenlight Laser Vaporization, Robotic Assisted Enucleation
- Prostate cancer - Robotic Assisted Radical Prostatectomy
- Urinary incontinence - Urodynamics, Intravesical BOTOX, Sacro-neuromodulation, Artificial Urinary Sphincters



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Not everyone can go through the recommended pathway and adjustments are made