

INCONTINENCE

Four clinical types (all of which can overlap)

Urge: Leakage associated with uncontrollable urge to urinate

Stress: Leakage with sudden increase in intra-abdominal pressure

Overflow: Associated with distended bladder

Functional: inability or unwillingness to use toilet or collection device

OVERFLOW Least common but must be ruled out in all incontinence by determination of residual urine

Etiology:

Outlet obstruction

Neurologic

Lower cord lesion: trauma, disc, spondylosis, tumor etc.

Peripheral neuropathy: Diabetes

Multiple sclerosis (hyper or hyporeflexia and/or DS dysynergia)

Pharmacologic

Bladder: anticholinergics

Outlet: alpha adrenergic agonists

Fecal impaction

Immobilization

URGE “Detrusor instability” or hyper-reflexia Bladder contraction without owner’s permission

Etiology:

Neurologic

Upper cord or intracranial lesion (loss of inhibition)

Multiple Sclerosis

Occasionally peripheral neuropathy

Local Bladder

Infection/inflammation

Cystocele

Stress incontinence!!

Aging

Pelvic or urethral surgery

IDIOPATHIC ***

Diagnosis

History, including bladder diary

Urodynamics (cystometrogram)

+/- cystoscopy to look for local bladder problem

Treatment

Anticholinergics

Tricyclic antidepressants

Interstim

STRESS

Etiology

1. Loss of pelvic support (bladder neck hypermobility)

2. Loss of elasticity & coaptation in urethra (ISD= intrinsic sphincter deficiency)

These can occur independently or together

Evaluation

PE - hypermobility of vesical neck (cystocele) Q-tip test to confirm

Stress test- prevention of leakage by support of vesical neck

Cystoscopy esp. in ISD to visualize lack of coaptation

Cystometrogram for leak point pressure, also hyper-reflexia if urge incontinence present also. “Mixed” incontinence is stress and urge. Urge may or may not be caused by stress but often is. Urge resolves with correction of stress in 75%. Always try to treat urgency before surgery for stress incontinence.

Treatment for stress incontinence is surgical. Bladder neck suspension or pubovaginal sling