

November 23, 2002

## An Easy Procedure for Bladder Control

There are several types of procedures if incontinence is not controlled by the measures mentioned in the article last Wednesday. The latest is TVT which is a tension-free support. This is minimally invasive and is appropriate for most women with stress incontinence. It is performed under local anesthesia and takes only 30 minutes to complete. Women who undergo this operation have a short recovery period and experience few complications compared to the more invasive techniques. More than 200,000 patients worldwide have had this procedure. Clinical studies have shown that 84-91% of patients were dry after treatment and an additional 6-12% reported significant reduction of symptoms.

The surgery is performed with the use of a mesh tape produced by Gynecare® that is inserted through the vagina to support the urethra. Because this tape will not significantly stretch, this procedure should not be used in women who plan to have future pregnancies, in that it limits the size of the vaginal

opening. In the procedure the surgeon weaves a special tape beneath the urethra and pulls it up through two tiny incisions on the skin surface just above the

pubic area. Any necessary adjustments are made at the time of the operation, so when one leaves the operating suite, the procedure is completely done without the need of revision.

There is no need for a urinary catheter and in a few hours, women can go home and there should be little interference with daily activities. The surgeon will advise not to lift heavy objects or have intercourse for 4 - 6 weeks.

There are risks to all surgical procedures. The incidence of adverse effects of this operation

is far less than any of the other surgical procedures previously done. In Southeast Kansas, Dr. Ashok Shah has performed the TVT procedure with great success. His new associate, Dr. Sue Sohaei, is also experienced in this type of operation. A urinary incontinence laboratory is planned in the near future in Montgomery County that will have state of the art equipment to better evaluate women with this problem.

There are also support groups with much information on TVT and other treatments for incontinence, such as the National Association for Continence (864-570-7900), or [www.nafc.org](http://www.nafc.org), the Simon Foundation for Continence (800-23-SIMON) or [www.simonfoundation.org](http://www.simonfoundation.org), and the National Kidney Urologic Disease Information at Clearinghouse (800-891-5399) or [www.niddk.nih.gov](http://www.niddk.nih.gov).

Drs. Shah and Sohaei are very interested in helping women with their urinary problem. Please call 620-331-2424 or 620-251-2400 for your free appointment.



**DR. J. E.  
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