

“Sling” Procedure for Stress Urinary Incontinence



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When sneezing, coughing or laughing causes accidental leaks, the condition is known as Stress Urinary Incontinence (SUI). SUI can happen at any age and is surprisingly common - affecting one in three women at some point in their lives.



SUI is typically caused by a weakening of the pelvic floor structures that support the urethra. As a result, patients experience an involuntary loss of urine during physical activities such as coughing, sneezing, laughing, and exercise, which stress the bladder. This condition is often embarrassing and can significantly inhibit a woman's quality of life, often causing her

to avoid an active lifestyle or to shy away from social situations.

Treatment begins with physical therapy, including Kegel exercises. If exercise fails to stop the leakage, a “sling” procedure can be performed. “Sling” procedures are minimally invasive and involve placement of a synthetic mesh strip or bio-material under the urethra to provide support during physical activity or coughing and sneezing. Sling procedures are highly successful, in properly selected patients, with success rates of 85-95%.

Sling procedures are usually performed vaginally avoiding any visible incision scar. The minimally invasive procedure is performed as an outpatient in less than an hour and patients may return to driving and limited activity in a few days.

Sling procedures are a highly successful treatment option for patients with persistent SUI.



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