

Women's Health

Autumn 2024

Urology Week

This September sees the return of Urology Week, an international campaign for increasing awareness of urological conditions and treatment.

Urology week 2024 focuses on incontinence which can be an embarrassing problem. In this edition of Women's Health, we take a look at two conditions – Stress Incontinence and Urge Incontinence.

By shining a spotlight on these issues and why they happen, we hope to encourage more women to come forward and seek help for these treatable conditions.

In conversation with....

Join us live on 10 October from 10.30am to 11am for a conversation between physios Jo and Jenny about women's health and incontinence.

The conversation is being held on Teams and for privacy, we will switch off attendee's cameras. You can submit questions in advance to therapy@holycross.org.uk or ask them during the chat.

Join the chat on Teams. The meeting ID is: **358 449 204 443** and the passcode is: **yE4z7u**

A recording of the conversation will be made available on our website after the event.

A Guide to Stress Incontinence

What is stress incontinence

Stress incontinence occurs when physical activity or pressure on your bladder causes unintentional urine leakage. This happens because the muscles that support the bladder and control urine flow weaken, often due to childbirth, aging, or certain surgeries.

Common triggers include coughing, sneezing, laughing, heavy lifting, and exercise.

Stress incontinence can affect your confidence and daily activities, but the good news is that it is treatable.

Treatment Options

There are a number of treatment options for stress incontinence which include:

Lifestyle changes

- Try to maintain your weight in a normal range.
- Stop smoking.
- Treat constipation and avoid straining with bowel movements.
- Avoid extreme weightlifting activities and repeated heavy lifting.

Pelvic floor exercises

- Our women's health physiotherapist Jenny Deeming can carry out an assessment to determine whether you are carrying out your pelvic floor exercises correctly and competently. Jenny can use this information to get you started on a personalised strengthening programme.

Pessary

- This is a device inserted into the vagina to help control urine leakage. Some women will only wear this to exercise, whilst others will leave it in all the time. The pessary is normally fitted by a GP who has women's health expertise or a gynaecologist.

Surgery

- Surgery addresses the weakened supports around the urethra. Not all women are suitable candidates for surgery and women who plan to get pregnant may wish to wait until their last pregnancy before having surgery.

To find out more about your options, contact us for an assessment with Jenny.

Our values

Compassionate Care - Respect - Integrity - Safety - Team – Excellence

www.holycross.org.uk

What you need to know about Urge Incontinence

What is urge incontinence

Urge incontinence is when you get a sudden urge to urinate and can't get to the toilet in time before leaking.

The bladder is a muscle which squeezes to push the urine out. If the muscle becomes overactive and squeezes too often it will feel like you need to urinate more often and more quickly. This can have a significant impact on your lifestyle if you are living your life by seeking out the nearest toilet.

As with stress incontinence, the good news is that there are treatment options. Here are some of the options:

Dietary changes

- Certain types of drinks can provoke bladder spasms, such as coffee, tea, fizzy drinks, alcohol and fruit juices.

Bladder retraining

- Our women's health physio can give you tips on how to prolong times between bathroom visits, whether it be using your pelvic floor or deferment techniques.

Pelvic floor retraining

- Ensuring your pelvic floor is strong enough to support your bladder while you get to a toilet is key. Our women's health physiotherapist can check you are doing your exercises correctly and provide you with a personalised exercise programme so you get the best results.

Medical intervention

- Medication or botox to relax the bladder muscle may be a suitable option if conservative methods have failed. This is an option that would be guided by a urology consultant.

Mummy MOT

Mummy MOTs are a specialised postnatal health assessment designed to support and care for new mothers and are available at The Physiotherapy Centre.

By having a Mummy MOT, you will gain valuable insights into your physical condition and receive appropriate advice and treatment to aid your recovery after birth.

A Mummy MOT costs £110 and is suitable for women from six weeks post birth.

To book, call us or book online via our website.

About Jenny



Jenny Deeming is a qualified physio and specialises in women's health.

She holds women's health clinics for the diagnosis and treatment of a range of post-natal conditions and is an accredited Mummy MOT practitioner.

Need a New Knee?

Join us for a FREE lecture from consultant orthopaedic knee surgeon Simon Thompson and Physiotherapist Jo Hounsome

What you'll discover:

- What does total knee replacement surgery involve
- How successful is it
- When is the right time to consider the surgery
- What is involved in the rehabilitation
- How long does recovery take.

Thursday 14 November, 7-8pm
Holy Cross Hospital, Haslemere

How to book

Booking is essential. Scan the QR code for tickets or visit our website and click on the Eventbrite link.

www.thephysiotherapycentre.org.uk

