

INTERSTITIAL CYSTITIS (PAINFUL BLADDER SYNDROME)

Interstitial cystitis is a chronic condition causing bladder pressure, bladder pain and sometimes pelvic pain.

SYMPTOMS INCLUDE: pain between vagina and anus, chronic pelvic pain, persistent need to urinate, frequent urination, pain during sexual intercourse, pain in your lower tummy, lower back, pelvis, or urethra.

CAUSE: the exact cause is unknown, one theory is that it is caused by dysfunction of the bladder tissues where the body's immune system attacks the bladder, and causes damage to the bladder lining. This in turn damages the nerves that carry bladder sensations such that pain is felt during events that are not normally painful.

TREATMENT OPTIONS: lifestyle changes, prescription drugs, neuromodulation therapy, ulcer cauterization & injections, cyclosporine, surgery.

FAECAL INCONTINENCE

Faecal incontinence is the inability to control bowel movements, causing stool (faeces) to leak unexpectedly from the rectum.

SYMPTOMS INCLUDE: diarrhoea, constipation, incontinence for flatus and/or stool.

CAUSES INCLUDE: digestive tract disorders, chronic diseases, childbirth by vaginal delivery.

TREATMENT OPTIONS: medications, dietary changes, exercise, surgery.

URINARY TRACT INFECTIONS (UTI)

A urinary tract infection (UTI) is an infection of the urinary system, including your bladder and urethra.

SYMPTOMS INCLUDE: burning feeling when you urinate, frequent or intense urge to urinate, cloudy, bloody, or strange-smelling urine, fever or chills, feeling tired or shaky

CAUSES INCLUDE: cystitis - infection of the bladder. This type of UTI is usually caused by Escherichia coli (E. coli), a type of bacteria commonly found in the gastrointestinal (GI) tract. Infection of the urethra. Urethritis - this type of UTI can occur when GI bacteria spread from the anus to the urethra. Other causes include previous UTI's, sexually transmitted diseases, diabetes, and obesity.

TREATMENT OPTIONS: antibiotics or other medication.

URO-GYNAE AND WOMENS' HEALTH



CONTACT

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THE UROLOGY HOSPITAL

PELVIC FLOOR DISORDERS (PFDS)

PFDS are a group of conditions that affect the pelvic floor. A pelvic floor disorder occurs when the support structures of the pelvic organs become weak or damaged.

THE THREE MAIN TYPES OF PELVIC FLOOR DISORDERS ARE: pelvic organ prolapse, faecal incontinence (lack of bowel control) and urinary incontinence (lack of bladder control).

KIDNEY STONES

Your kidneys remove waste and fluid from your blood to make urine. Kidney stones (hard, rock-like deposits) develop when there is too much waste and not enough fluid in the kidneys. If you have a very small kidney stone, you may not have any symptoms, and may never know that you had a kidney stone. Your doctor may tell you to take pain medicine and drink plenty of fluids to help push the stone through your urinary tract. If your kidney stone is large, or if it is blocking your urinary tract, additional treatment may be necessary.

SYMPTOMS INCLUDE: pain while urinating, blood in your urine, sharp pain in back/lower abdomen, nausea, vomiting.

CAUSES INCLUDE: lack of water, diet, excessively acidic environment in urine, obesity, gut problems.

TREATMENT OPTIONS: drinking water, pain relievers, medical therapy, extracorporeal shock wave lithotripsy (ESWL), surgery.

LOWER URINARY TRACT SYMPTOMS (LUTS)

LUTS describes symptoms related to problems of the lower urinary tract (bladder, prostate & urethra). LUTS are broadly grouped into voiding (obstructive) symptoms or storage (irritative) symptoms.

VOIDING SYMPTOMS INCLUDE: weak stream, straining to urinate, Irregular stream, and a stop/start stream.

STORAGE SYMPTOMS INCLUDE: feeling an urgent need to urinate, short time between needing to urinate, waking from sleep to pass urine two/more times during the night, uncontrolled loss of urine.

TREATMENT OPTIONS: anticholinergic medication, alpha blockers, or surgery.

URINARY INCONTINENCE

Urinary incontinence is the loss of bladder control. The two most common types of urinary incontinence that affect women are stress incontinence and urge incontinence, also called overactive bladder.

SYMPTOMS INCLUDE: pressure in the pelvic area that causes a strong urge to urinate which cannot be deferred, going to the bathroom more than usual, leaking when coughing, sneezing or moving.

CAUSES INCLUDE: vaginal delivery, weak bladder or pelvic floor muscles, overactive bladder muscles, pelvic organ prolapse, menopause, nerve damage.

TREATMENT OPTIONS: bladder training, pelvic floor exercises, urgency suppression, urethral insert, vaginal pessary, bulking agents, medication.

PELVIC ORGAN PROLAPSE

A condition in which the uterus, bladder and bowel may “drop” onto the vagina and cause a bulge through the vaginal canal. The pelvic floor is formed by the bony structure of the pelvis, supported by muscles of the pelvic floor and ligaments that attaches the organs.

SYMPTOMS INCLUDE: bulge in the vagina, disturbance of the bladder, bowel or sexual function.

CAUSES INCLUDE: childbirth, obesity, chronic cough, genetic factors.

TREATMENT OPTIONS: improving the pelvic floor strength, device inserted to prevent prolapse, surgical intervention.

