

A photograph of a woman from the waist down, sitting with her legs crossed and hands clasped over her lap. She is wearing a white towel. The image is split horizontally by a teal band containing text, with maroon borders above and below the teal band.

Female STRESS,
URGE (OAB) &
Mixed Incontinence

The POWER of Platelet Rich PLASMA

symptoms of OAB

Overactive Bladder (OAB) is a series of muscle contractions in the wall of the bladder. The bladder nerves increase in sensitivity, become 'overactive' and the URGE to urinate is difficult to control.

Urinating more than 8 times a day, waking up at least twice a night, feeling the URGE to go even if you just went, and leaking urine, though you try your best to hold it in, are all signs of OAB.

symptoms of SUI

STRESS Urinary Incontinence (SUI) is caused by weak pelvic floor muscles that surround the bladder and urethra. The symptoms of STRESS incontinence include leakage when sneezing, coughing, laughing or during a physical activity.

Mixed incontinence is a combination of URGE and STRESS incontinence. Wearing adult diapers or pads suddenly becomes a daily routine, and sadly, most women think this is normal.



“Exercising, laughing and sneezing cause me to leak. After the PRP procedure, my urinary issues were resolved. So thankful!”

incontinence can affect your life

If you have URGE or STRESS incontinence it can affect your work, social life, exercise, intimacy and sleep. You may feel embarrassed, depressed and isolated for fear of smelling like urine or fear of being too far from a bathroom when in public. It's also the number one reason why women are admitted to nursing homes.

understand your options

Behavioral Therapy: lifestyle changes including diet, bladder training and Kegel exercises

Devices: pelvic floor stimulator

Medications: block nerve signals (side effects)

OnabotulinumtoxinA: bladder injections every 3 months that decrease over activity

Nerve Stimulators: placed under the skin in the lower back that deliver electrical impulses to the bladder nerves

Surgery: a bladder mesh sling for SUI

Platelet Rich Plasma (PRP): a simple injection and natural approach using the patient's own blood to regenerate the bladder nerves. PRP decreases or resolves both URGE and STRESS incontinence.

key statistics

At least 40% of women experience some type of Overactive Bladder (OAB). Most likely the number is much larger because many people don't talk about it or even ask their health care provider for help. Urinary incontinence can happen at any age, but it is especially common in older adults. *However, it should never be considered a normal part of the aging process.*

it's never too late to seek help

Don't let myths prevent you from getting help. OAB and STRESS incontinence is not a normal part of getting older. There are treatments that can help, even if your symptoms are minimal.

“I was getting up 3 times a night to use the bathroom. After my first PRP procedure a year ago, I've been sleeping through the night.”

the power of **PRP**

The human body has a remarkable capacity to heal itself. Regeneration of new tissue is accomplished by the natural production of stem cells. PRP involves the application of concentrated platelets rich in bioactive proteins, which release growth factors to stimulate cellular regeneration and accelerate tissue repair. The benefits of PRP were initially used in wound healing, dentistry and the treatment of sports injuries, but have now evolved to address OAB and other physiological dysfunctions.

how does **PRP** *work?*

A PRP treatment begins with a simple blood draw and can be completed within an hour. Your blood is spun in a unique centrifuge that separates plasma and platelets from the rest of the blood. The plasma, now highly concentrated with platelets, is collected in syringes and injected back into your tissues.

Growth factors are released and stimulate stem cells to create new, youthful tissues in a variety of areas. It's like turning back the clock and what was old and damaged is made new again. PRP procedures utilize your own blood so your body will readily accept the treatment without reaction or rejection. PRP procedures are minimally invasive and typically patients experience very little discomfort with no downtime.

PRP *treatment*

A combination of behavior therapy, diet modification and PRP seems to be the most effective treatment for both URGE and STRESS incontinence. Benefits include alleviating the challenging side effects of medications and the devastating effects of mesh erosion.

*Regain your confidence
with a 20 minute,
non-surgical procedure*

Platelet Rich Plasma (PRP)

*combined with pelvic floor
stimulation stops bladder
leakage at the source*

**Ask your provider about
PRP today!**

BROWARD UROLOGY CENTER

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