

Fixing Leaking Bladders

Dr. Gorbatiy

Broward Urology Center

Vladislav Gorbatiy, M.D.

Broward Urology Center

2150 S. Andrews Ave, Suite 100

Fort Lauderdale, FL 33316

Tel: 954-453-6408

- **Education**

- Undergraduate Degree: Texas A&M University, Magna Cum Laude
- Medical Degree: Emory University School of Medicine
- Residency: University of Texas Health Science Center
- Fellowship in Minimally Invasive Robotics & Endourology at the University of Miami

Vladislav Gorbatiy, M.D.



Hospital Affiliations

- Broward Health Medical Center (Broward General)
- Holy Cross Hospital

“Leaky Bladder” Objectives

- Common Causes
- Diagnostic Tests
- Medical Treatments
- Surgical Treatments
- Lifestyle Changes



25-30% of Men and Women
in the US suffer from urinary
incontinence



What Increases the Risk of Leakage?

Men

- Age
- Prostate problems
- Medications
- Diabetes
- Neurological Conditions -
Stroke, Back/Nerve Injury
- Obesity

Women

- Age
- Number of Pregnancies
- Menopause
- Medications
- Diabetes
- Neurological Conditions -
Stroke, Back/Nerve Injury
- Obesity

Common Causes Leaks

- Stress Incontinence
 - Laughing, sneezing, coughing, exercising, lifting and having sex
 - Caused by a weak sphincter and/or pelvic muscle support

Stress Incontinence

Call your mother and say something nice! And remember that it's your fault that she pees a little everytime she sneezes.
Love and sacrifice!



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Common Causes of Leaks

- Urge Incontinence
 - Bladder squeezes without your control
 - Often associated with extreme urgency & frequency
 - Caused by an “overactive bladder” aka “sensitive bladder”

Common Causes of Leaks

- **Mixed Incontinence**
 - Urge and leak
 - Sneeze and leak



Common Causes of Leaks

- **Overflow Incontinence**

- The bladder doesn't empty fully, causing urine to spill out at odd times



Common Causes of Leaks

- **Transient Incontinence**
 - Due to a medical condition or its treatment, a person temporarily develops a leaky bladder.
 - **Severe constipation**, irritated bladder, **diuretic** medication, **sleeping pills**, **pain medications** and **post-surgery** (anesthesia, immobility).

Common Causes of Leaks

- Functional Incontinence
 - Due to **physical or mental limitations**, a person doesn't reach the bathroom quickly enough.
 - Seniors with arthritis, **Parkinson's** disease, **dementia** or **Alzheimer's** disease may have this type of incontinence.

Common Causes of Leaks

- Total Incontinence
 - When serious conditions disrupt the normal channels and processes of voiding, complete loss of bladder control may result
 - Fistulas and nerve-related problems such as spinal cord injuries and multiple sclerosis

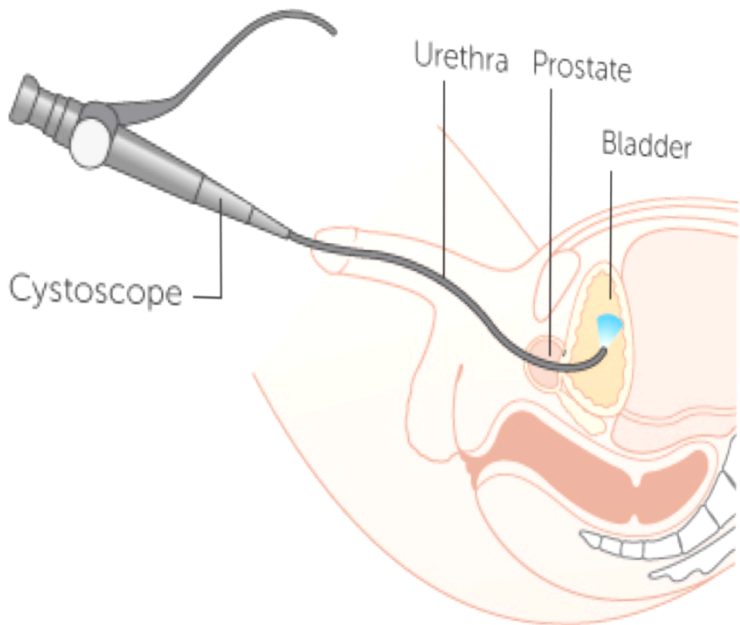
“Leaky Bladder” Objectives

- Common Causes
- **Diagnostic Tests**
- Medical Treatments
- Surgical Treatments
- Lifestyle Changes



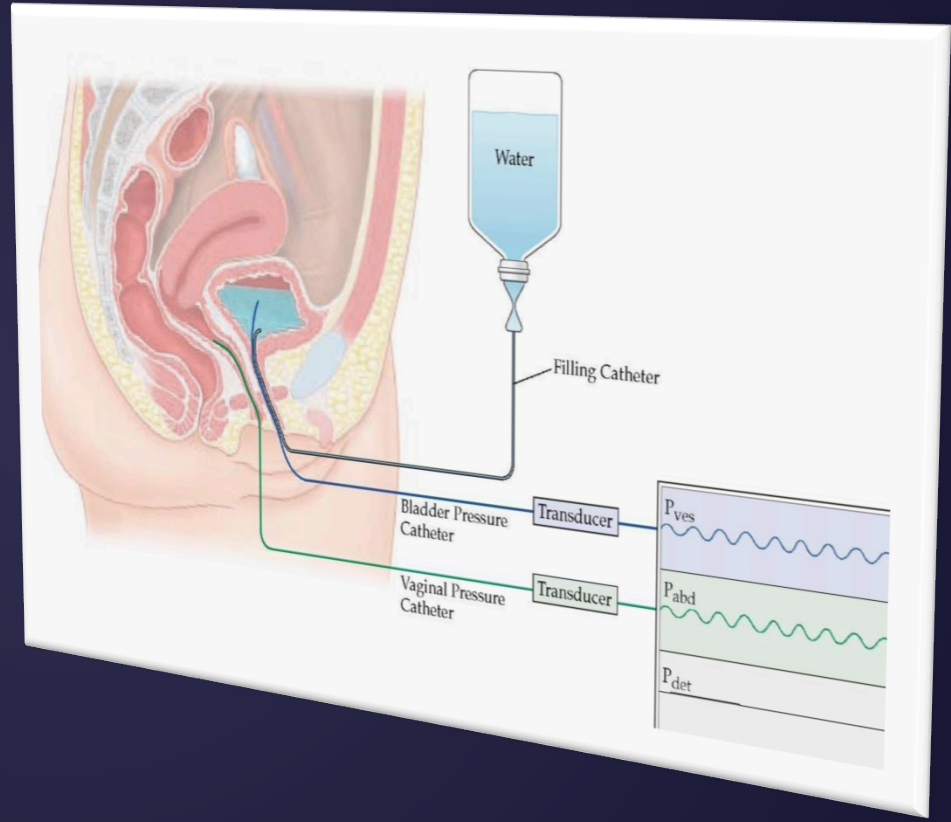
Diagnostic Tests

- Voiding Diary
- Belly and Pelvic or Prostate Exam
- Bladder Ultrasound (picture of the bladder)
- Cystoscopy (camera to peek into the bladder)
- Urine Flow test (check the speed of flow)
- Urodynamics (ultimate bladder function test)

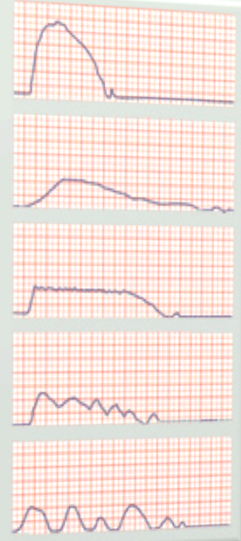


Cancer Research UK

Cancer Research UK



Uroflowmetry



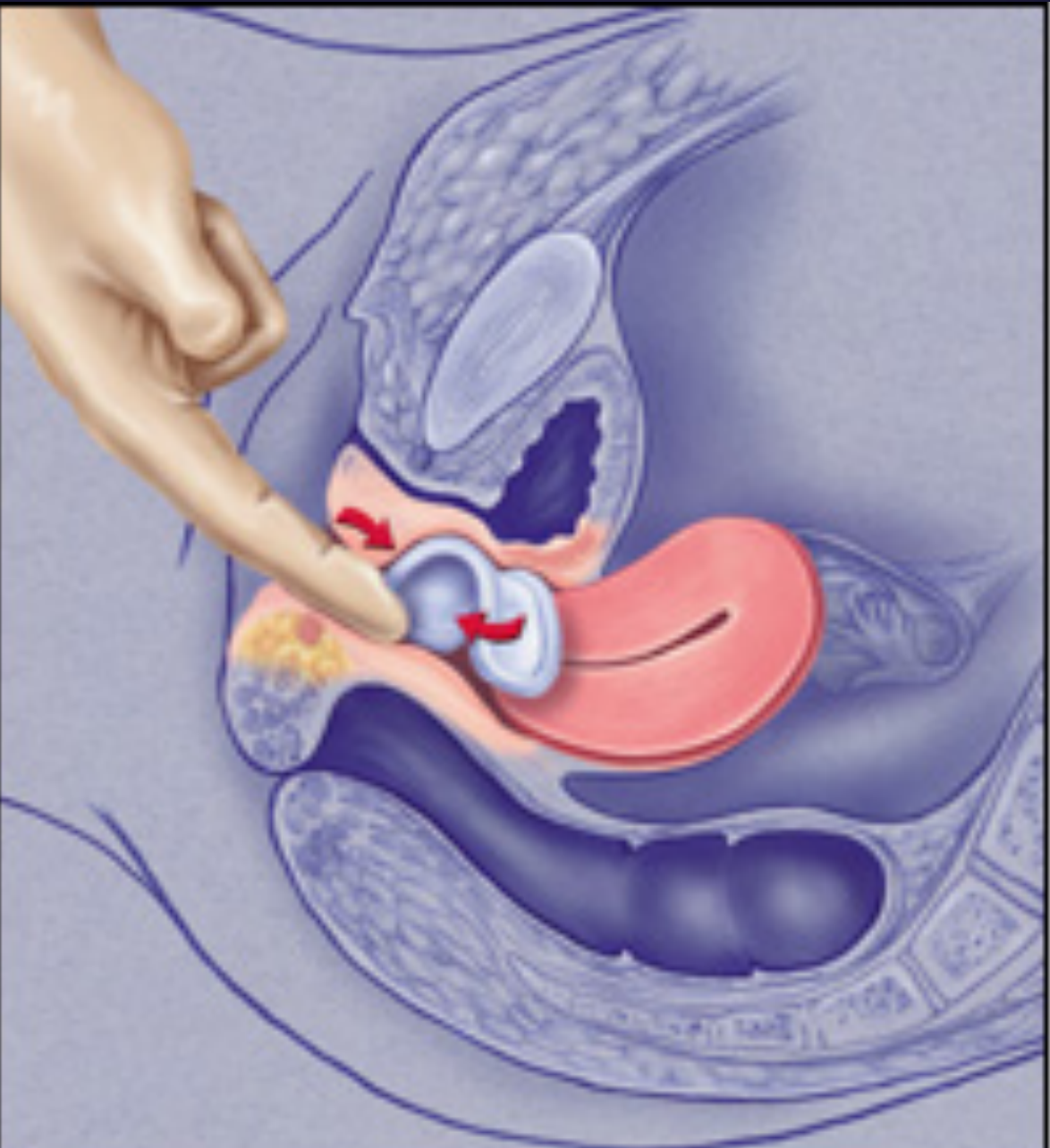
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Medical Treatments

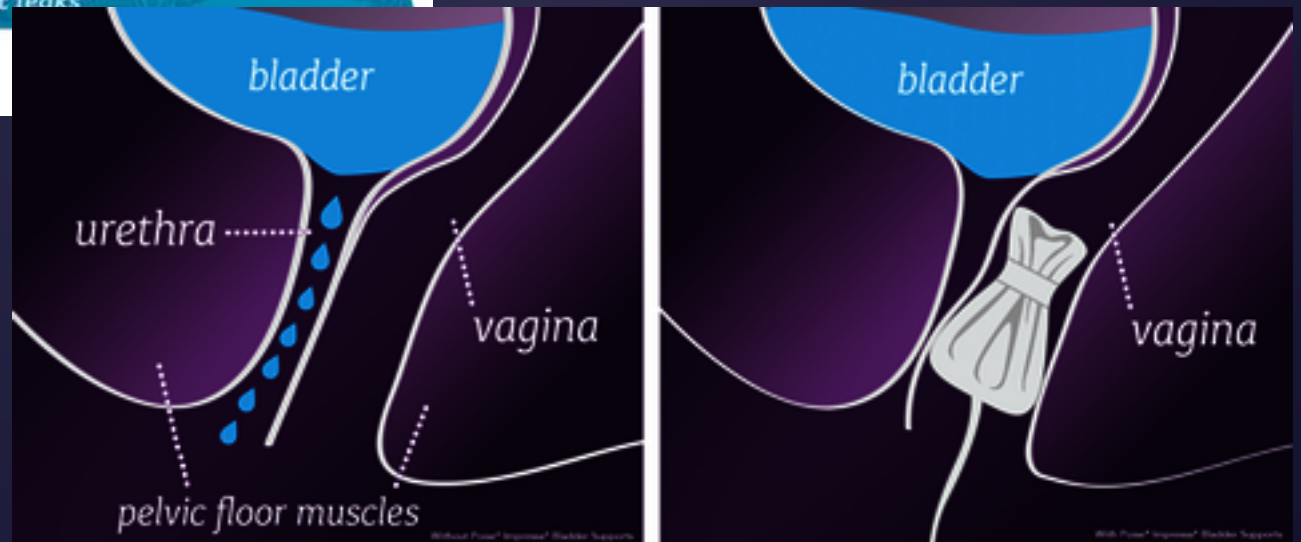
- Pills
 - “calm” the bladder urge
 - help men and some women empty their bladder better
 - Help the bladder squeeze better to empty better
- Botox injections
- Nerve stimulators
- Pessary / Poise Impressa



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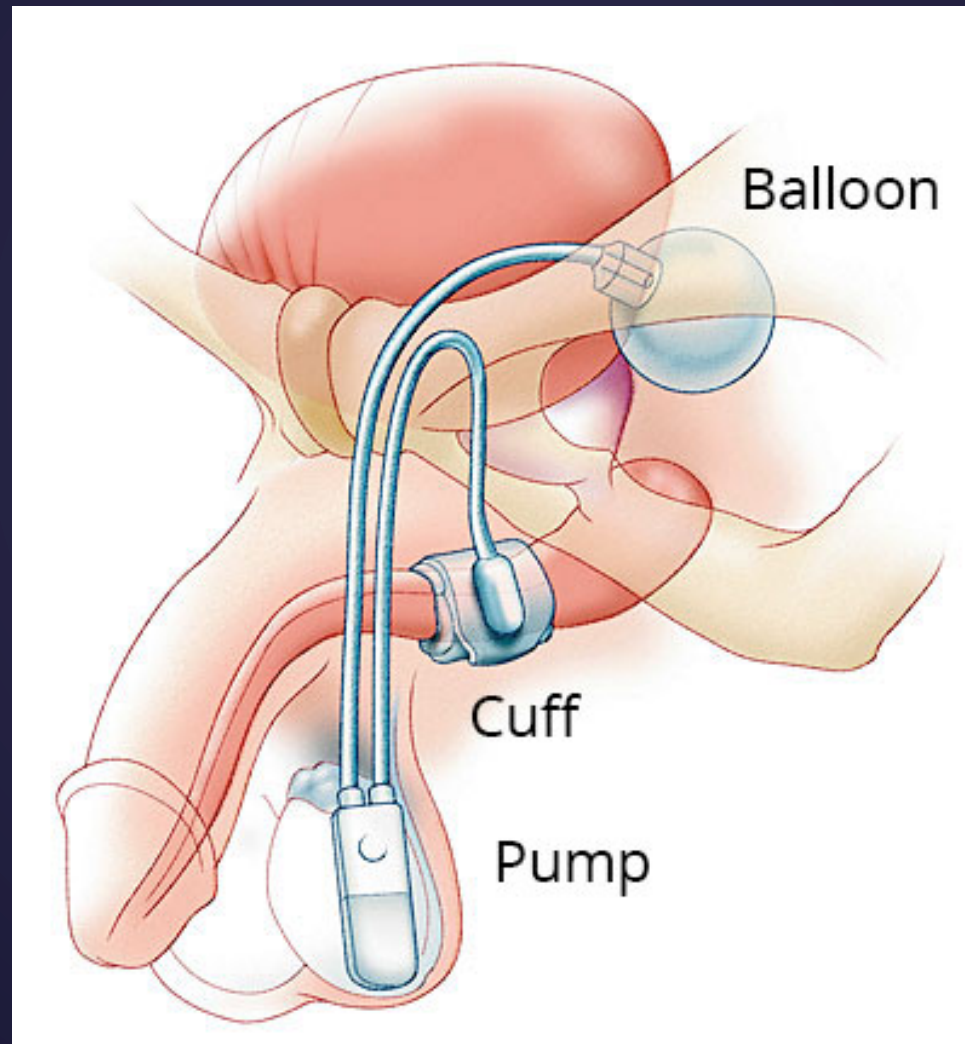
Poise Impressa Bladder Supports can be worn for **up to 8 hours** in a 24-hour period to help prevent leaks



Surgical Treatments

- Bladder slings or “lifts” are surgeries that help in leaks with coughing/sneezing
- Multiple prostate procedures that help with urinary obstruction of flow
- Artificial sphincter surgery

Artificial Urinary Sphincter



Lifestyle Changes

- Fluid management
- Constipation treatment
- Medications (diuretics, pain meds, sinus/allergy)
- Physical Therapy
- Pelvic Exercises – Kegels
- Scheduled Urination, “Double-voiding”

Take Home Messages

- Various reasons for leaky bladders
- Leaky bladders are a definite problem that may affect a person's quality of life
- We have many ways to improve and sometimes cure a leaky bladder

Thank you for your attention!

Dr. Louis Yogel

Dr. Eric Chenven

Dr. Vladislav Gorbatiy

954-463-6408