








COMPARING TREATMENT OPTIONS FOR STRESS INCONTINENCE

Comparing Treatment Options for Stress Incontinence

	Pros	Cons
Self-Care 	<ul style="list-style-type: none"> <input type="checkbox"/> Improves leaking in about 50% of women <input type="checkbox"/> Learning “the knack” of contracting muscles before a cough or sneeze may show improvement quickly <input type="checkbox"/> Changes to exercise and diet have other health benefits <input type="checkbox"/> No cost involved <input type="checkbox"/> No risk involved 	<ul style="list-style-type: none"> <input type="checkbox"/> Does not improve leaking in about 50% of women <input type="checkbox"/> Involves changes in lifestyle and behavior which can be difficult for some people <input type="checkbox"/> Changes must be maintained or improvements will be lost <input type="checkbox"/> Requires motivation to get the best effect
Pelvic Floor Physical Therapy 	<ul style="list-style-type: none"> <input type="checkbox"/> 60 -70% of clients are satisfied with results <input type="checkbox"/> May show improvement quickly, when used with behavior management. <input type="checkbox"/> Possible improvement in sexual sensation <input type="checkbox"/> No risk involved <input type="checkbox"/> Public programs are offered at no cost in Pelvic Floor Pathway clinics and in some health regions. 	<ul style="list-style-type: none"> <input type="checkbox"/> 30-40% of clients are not satisfied with results <input type="checkbox"/> Takes 3-6 months to see the full effect <input type="checkbox"/> Requires commitment to attending sessions and doing daily exercises <input type="checkbox"/> Exercises must be continued or improvements will be lost <input type="checkbox"/> Wait times may apply for public programs <input type="checkbox"/> Cost of private physiotherapy services is paid by the patient, unless covered by private insurer
Pessary 	<ul style="list-style-type: none"> <input type="checkbox"/> Effective for stress incontinence in 66% of women <input type="checkbox"/> Immediately effective <input type="checkbox"/> Minimal risk if used correctly <input type="checkbox"/> May be used in pregnancy and childbearing years. <input type="checkbox"/> Insert and remove by yourself <input type="checkbox"/> May be used “as needed” (e.g. for sports, travel or special events) 	<ul style="list-style-type: none"> <input type="checkbox"/> Not effective for stress incontinence in 34% of women <input type="checkbox"/> Not all women can be successfully fitted with a pessary <input type="checkbox"/> Wait time may apply for pessary fitting and follow up visit. <input type="checkbox"/> May require extra visits to answer questions and check fit <input type="checkbox"/> May need to switch size to obtain best effect <input type="checkbox"/> Leaving the pessary in longer than suggested may lead to vaginal ulcers, bleeding and discharge <input type="checkbox"/> Must be removed twice a week and for intercourse <input type="checkbox"/> Cost of pessary, topical estrogen is paid by the patient, unless covered by private insurance
Surgery 	<ul style="list-style-type: none"> <input type="checkbox"/> 80-90% symptoms of stress incontinence cured (slightly lower in those who have had previous surgery) <input type="checkbox"/> Immediately effective <input type="checkbox"/> Results are permanent in most cases <input type="checkbox"/> May be combined with prolapse surgery <input type="checkbox"/> Cost of surgery covered by public health plan 	<ul style="list-style-type: none"> <input type="checkbox"/> 10-20% of women not cured (slightly higher in those who have had previous surgery) <input type="checkbox"/> Small risk (<5%) of long-term difficulty emptying bladder <input type="checkbox"/> Small risk of pain with intercourse requiring removal of mesh <input type="checkbox"/> Small surgical risk related to anesthetic, infection, other damage <input type="checkbox"/> Not recommended to have children following surgery <input type="checkbox"/> Wait times may apply <input type="checkbox"/> Possible hospital stay <input type="checkbox"/> Postoperative pain (a few days to a few weeks) <input type="checkbox"/> No lifting or intercourse for 30 days <input type="checkbox"/> May need to be off work for a time

COMPARING TREATMENT OPTIONS FOR URGE INCONTINENCE

Comparing Treatment Options for Urge Incontinence

	Pros	Cons
Self-Care 	<ul style="list-style-type: none"> <input type="checkbox"/> Improves leaking in about 50% of women <input type="checkbox"/> Eliminating caffeine shows effects after 1-2 weeks <input type="checkbox"/> Fluid management and toileting management may have immediate effect <input type="checkbox"/> No cost involved <input type="checkbox"/> No risk involved 	<ul style="list-style-type: none"> <input type="checkbox"/> Does not improve leaking in about 50% of women <input type="checkbox"/> Involves changes in lifestyle and behavior, which can be difficult for some people
Pelvic Floor Physical Therapy 	<ul style="list-style-type: none"> <input type="checkbox"/> 60 -70% of clients are satisfied with results <input type="checkbox"/> May show improvement quickly when used with freeze and squeeze <input type="checkbox"/> May be able to discontinue urge incontinence medication <input type="checkbox"/> Possible improvement in sexual sensation <input type="checkbox"/> No risk involved <input type="checkbox"/> Public programs are offered at no cost in Pelvic Floor Pathway clinics and in some health regions. 	<ul style="list-style-type: none"> <input type="checkbox"/> 30-40% of clients are not satisfied with results <input type="checkbox"/> Takes 3-6 months to see the full effect <input type="checkbox"/> Requires commitment to attending sessions and doing daily exercises <input type="checkbox"/> Exercises must be maintained or improvements will be lost <input type="checkbox"/> Wait times may apply for public programs <input type="checkbox"/> Cost of private physiotherapy services is paid by the patient, unless covered by private insurer
Medications 	<ul style="list-style-type: none"> <input type="checkbox"/> Improves leaking in 50-60% of women <input type="checkbox"/> Oxybutinin takes 1-2 weeks to see full effect <input type="checkbox"/> Other medications take about 1 month <input type="checkbox"/> Oxybutinin is fast acting and can be used on an occasional basis <input type="checkbox"/> Side effects go away when medication is stopped 	<ul style="list-style-type: none"> <input type="checkbox"/> Does not improve leaking in 40-50% of women <input type="checkbox"/> Side effects include dry mouth, dry eyes, stomach upset, constipation and blurred vision <input type="checkbox"/> Not recommended if pregnant or trying to conceive <input type="checkbox"/> Hassle of remembering to take the medication regularly <input type="checkbox"/> Need to talk to doctor or nurse practitioner frequently until the best medication and dose is determined <input type="checkbox"/> Symptoms return if you stop taking the medication <input type="checkbox"/> Cost of medications is paid by the patient, unless covered by private insurer

COMPARING TREATMENT OPTIONS FOR VAGINAL PROLAPSE

Comparing Treatment Options for Vaginal Prolapse

<p>Pelvic Floor Physical Therapy</p> 	<p>Pros</p> <ul style="list-style-type: none"> <input type="checkbox"/> Some improvement when mild prolapse is present <input type="checkbox"/> Improvement in bladder and bowel emptying with toileting techniques <input type="checkbox"/> Possible improvement in sexual sensation <input type="checkbox"/> No risk involved <input type="checkbox"/> Public programs are offered at no cost in Pelvic Floor Pathway clinics and in some health regions. 	<p>Cons</p> <ul style="list-style-type: none"> <input type="checkbox"/> Significant improvement of prolapse symptoms is not expected <input type="checkbox"/> Takes 3-6 months to see the full effect <input type="checkbox"/> Requires commitment to attending sessions and doing daily exercises <input type="checkbox"/> Exercises must be continuous or improvements may be lost <input type="checkbox"/> Wait times may apply for public programs <input type="checkbox"/> Cost of private physiotherapy services is paid by the patient, unless covered by private insurer
<p>Pessary</p> 	<p>Pros</p> <ul style="list-style-type: none"> <input type="checkbox"/> Immediate, comfortable relief of vaginal pressure for most women <input type="checkbox"/> Minimal risk if used correctly <input type="checkbox"/> May be used in pregnancy and childbearing years <input type="checkbox"/> Insert and remove by yourself <input type="checkbox"/> May be used "as needed" (e.g. sports, travel, special events) 	<p>Cons</p> <ul style="list-style-type: none"> <input type="checkbox"/> Not all women can be successfully fitted with a pessary <input type="checkbox"/> Wait time may apply for pessary fitting and follow up visit. <input type="checkbox"/> May require 1 or 2 extra visits to answer questions and check fit <input type="checkbox"/> May need to switch size to obtain best effect. <input type="checkbox"/> Leaving the pessary in longer than suggested may lead to vaginal ulcers, bleeding and discharge <input type="checkbox"/> Must be removed twice a week and for intercourse <input type="checkbox"/> Cost of pessary, topical estrogen is paid by the patient, unless covered by private insurer
<p>Surgery</p> 	<p>Pros</p> <ul style="list-style-type: none"> <input type="checkbox"/> 70-75% chance of long term improvement <input type="checkbox"/> Immediately effective <input type="checkbox"/> May be combined with stress incontinence surgery <input type="checkbox"/> Cost of surgery covered by public health plan 	<p>Cons</p> <ul style="list-style-type: none"> <input type="checkbox"/> 25-30% chance of not having long term success <input type="checkbox"/> Small risk (less than 5%) related to anesthetic and surgery <input type="checkbox"/> Small risk of pain with intercourse from narrowing of vagina or tenderness in incisions <input type="checkbox"/> Not recommended to have children following surgery <input type="checkbox"/> Wait times may apply <input type="checkbox"/> 1-3 day hospital stay <input type="checkbox"/> May go home with a catheter <input type="checkbox"/> No lifting allowed for 6 weeks <input type="checkbox"/> No intercourse allowed for 6 weeks <input type="checkbox"/> Need to be off work for 6 weeks