

## Overactive Bladder, Urinary Urgency, and Treatment

When we think of “urinary urgency” and “urge incontinence” we automatically think about the phrase “Gotta go, gotta go, gotta go right now”, which was popularized on television commercials. By definition, when we have abnormal urgency, according to the International Continence Society (ICS), it is defined as “a sudden compelling desire to pass urine that is difficult to stop”. This should be differentiated from a normal urge or the desire to urinate, which is “the sensation experienced during the urination process, and considered normal because it does not affect a person’s quality of life (QOL).”

So why do people get this abnormal urgency and urge incontinence? One explanation is that the lining of the bladder is 3 to 7 layers of cells, and has recently been shown to possess substantial sensory properties. All of the different types of cells and cell layers that make up the bladder lining include the urothelium, interstitial cells, myofibroblasts and suburothelial innervation. Together they function as a unit to provide our brain with sensory information and determine when our bladder is too full. Chemicals in our bodies can also be made by the bladder, or affect the way our bladder functions. When our bladder fills these transmitters are released from the urothelium and activate nerves going to our spinal cord. If this is happening too often this mechanism might contribute to the increase in urgency and bladder muscle overactivity.

A class of medications called the Anticholinergic/antimuscarinic medications (Detrol, Ditropan, Enablex, Toviaz, Sanctura, Vesicare), are the pharmacologic treatment of choice for OAB symptoms. All of these medications are currently available with well established efficacy for the treatment of OAB and urge urinary incontinence (UI).

This class of medications is not prescribed in men with OAB to the same degree as in women, probably because of the perception that there is potential risk for causing urinary retention in men with OAB symptoms and enlarged prostate. Several recent studies have demonstrated that antimuscarinics in this group of men are safe, with the risk of urinary retention being exceedingly rare with usual clinical doses. In addition to medications biofeedback, and PTNS (tibial nerve stimulation), has been documented to help these symptoms as well, and demonstrate a benefit especially in those patients where medications may not be decreasing the symptoms.

For those individuals who do not get improvement from medical treatment, surgical treatments for OAB/urgency incontinence exist. Botulinum toxin (BTX-A) injections directly into the bladder have resulted in increased bladder capacity, decreased frequency, increased bladder compliance and increased QOL.

One important way that we can also help people who have not benefited from medical treatment that has been shown to treat this condition and give patients relief from their symptoms is Interstim®. This system works on the nerves that control the bladder to regulate the bladder and decrease the continuous sensation to have to rush to urinate, and the urgency that is present. The nerves that are regulated are the sacral nerves at S3. InterStim® has resulted in long-term (greater than 5 years) decreases in leakage episodes, voids per 24 hours and increased QOL. InterStim® therapy has also been shown to be effective in decreasing frequency, urgency and pain. InterStim is currently indicated for patients that have urinary urge incontinence, urinary urgency/frequency, and non-obstructive urinary retention.

Multimodal therapy is very important in treating UI, incorporating multiple forms of behavioral and pharmacological therapeutic interventions and/or surgery. If you, a family member or someone you know suffers with overactive bladder, the “Overactive Bladder program” at UCC may be of benefit. Call or visit our website for details and more information.



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*Making Life a Little Better!*

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## Clinical Research

We are participating in a clinical research study comparing different doses of investigational medication for the treatment of a condition called Chronic Prostatitis. Symptoms of Prostatitis or an inflamed prostate are pelvic pain or discomfort, frequent or urgent urination, and pain or burning during urination.

Qualified participants may receive a study related physical exam, blood tests and investigational medication while taking part in this up to 16 week clinical study.

If you have been experiencing these symptoms for the past 3 months or longer, or have been diagnosed with Prostatitis or an inflamed prostate, please contact *Veta Robinson, LPN, CCRC* at (706) 243-3673.



## Erectile Dysfunction Affects Even the Best of Us



No matter what you've accomplished in your life Erectile Dysfunction (ED) can keep you from feeling your very best. If you have, or think you have ED there may be another option for you.

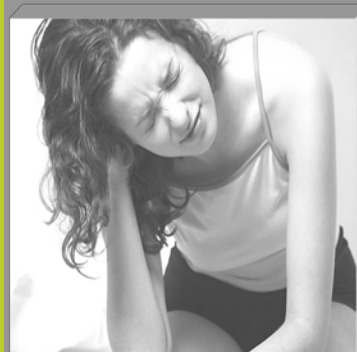
Study doctors are conducting a research study for ED. You may qualify if you:

- **Have experienced ED for at least three months**
- **Are in a relationship with only one partner**

Qualified participants receive all study-related care at no charge.

- **Health insurance is not required**
- **Compensation may be provided**

To learn more call:  
**866-706-4466**  
Southeastern Medical  
Research Institute  
2100 North Avenue  
Columbus, GA



### Is a Painful Bladder Affecting Your Life?

Have you been diagnosed with Interstitial Cystitis (IC) or / Painful Bladder Syndrome (PBS)?

Do you have to urinate at least 8 times over a 24-hour period?

Have you tried other treatments that have not been successful?

If you are female and at least 18 years of age and have answered yes to the above three questions then you may qualify to participate in a clinical research study evaluating an investigational treatment for IC / PBS.

Please call (706) 243-3673 to learn more about this clinical research study

## The Red Flags Rule

The Red Flags Rule, enforced by the Federal Trade Commission (FTC), sets out how certain businesses and organizations must develop, implement, and administer their Identity Theft Prevention Programs. The Rule applies to any institution considered a "creditor". A creditor is:

- any person (practice) who regularly extends, renews, or continues credit
- any person who regularly arranges for the extension, renewal, or continuation of credit, or
- any assignee of an original creditor who participates in the decision to extend, renew, or continue credit.

Effective November 1, 2009, the Federal Trade Commission requires healthcare providers that are considered creditors to have an Identity Theft Prevention Program in place.

In fulfilling the obligations to the Rule, Urology Center of Columbus has implemented policies and procedures to identify, detect, prevent and mitigate identity theft. As a patient you will be asked identifiable questions for your security when contact is made with our facility.

If you have any questions or concerns about Urology Center of Columbus' Identity Theft Prevention Program please call Heather Tharpe, Director of Business Development at (706) 324-700 ext. 233.

References: Federal Trade Commission

## October 6<sup>th</sup>-12<sup>th</sup> is National Physician Assistant Week!

National PA Week is intended to support, celebrate, highlight, and recognize the significant impact PAs have made and continue to make in health care.

**Thank you Angi and Melissa for all that you do!**



The Society of Urologic Nurses and Associates (SUNA) has designated November 1-7 as "Urology Nurses and Associates Week" to celebrate the unique skills and contributions of urology nurses and associates. During this special week, SUNA encourages facilities and organizations across the country to honor the dedicated work of urology nurses and associates. These devoted health care providers care for patients across the lifespan, providing guidance and treatment for a variety of urologic diseases and concerns. They work in all health care settings and specialize in such areas as continence care, male/female sexual dysfunction, infertility, oncology, surgery, cystoscopy and urodynamics.



## Have You Visited Our Website Recently?

*You can now make appointments and refill your prescriptions online!*

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## Urology Center of Columbus, LLC

The medical staff of Urology Center of Columbus, LLC continuously strives to provide our patients with the most dependable, current procedures and diagnostic techniques in urological care.

Urology Center of Columbus has the highest standards of employment for its professional staff and requires continued medical educational courses for its employees. There are certified urological nurses through the Society of Urological Nurses and Associates as well as certified ultrasound, vascular and radiology technologists on site. Clinical staff are required to be CPR and ACLS certified.

### Mission Statement

The Urology Center of Columbus is committed to providing quality healthcare to our patients through education, training, clinical research and support. Our office is dedicated to improving the health and well-being of our patients by providing the most current diagnostic and therapeutic alternatives while counseling and treating our patients with care and respect.



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