

FDA APPROVED NON-INVASIVE TREATMENT FOR URINE LEAK

Tens of thousands of Bahamian women and men have their bladder dictate their lives and reduce the quality of their everyday lives.

The negative impact of urinary incontinence/leak and urinary urgency can be profound.

Stress urinary incontinence is the uncontrollable leak or passage of urine with any increased abdominal pressure associated with common activities such as laughing, sneezing, coughing, lifting or exercising. Stress urinary incontinence is not related to psychological stress, but a pressure/stress on the bladder that occurs when there is a weakening of the muscles and tissues that support the bladder and a weakening of the urethral sphincter. Stress urinary incontinence affects as many as one in three women of varying ages. Risk factors for stress urinary incontinence includes previous pregnancy, vaginal delivery, obesity, smoking, menopause and advancing age.

One in 10 men experience stress urinary incontinence and many of these affected men have had previous prostate cancer surgery.

Urge urinary incontinence is the uncontrollable leak of urine after the failure to make it the bathroom after the urge is felt.

Many women experience both stress and urge urinary incontinence.

The majority of men who suffer from urge urinary incontinence or suffer from overflow urinary incontinence have an obstructive prostate or less commonly, an urethral stricture as the root cause.

Painless, minimally invasive endoscopic resection of the obstructing prostate can permanently solve the issue of an obstructive prostate. No pain medication is required after endoscopic prostate resection and no to minimal recovery period is needed.

Women worldwide and in the Bahamas commonly suffer from stress urinary incontinence and often live their lives wearing panty liners or pads, or in some cases even adult diapers.

Stress urinary incontinence negatively affects the quality of life of women and men in multiple ways. Sexual intimacy can lead to



A WOMAN uses the INNOVO system.

uncontrollable urine leak, which leaves far too many women fearful to be intimate.

Women suffering from urinary incontinence sadly often live their lives wearing dark clothing every single day to try and hide potential wetness and stains associated with urinary incontinence/leak.

Women are afraid to exercise because of the embarrassing stress urinary leak. There are many negative health effects for these women who stop exercising.

Imagine being fearful to simply laugh and enjoy life because of stress urinary incontinence/leak.

This the horrible reality for tens of thousands of Bahamian women.

The constant fear of the perceived smell of urine limits social interactions and often negatively affects the professional lives of women as well.

Many Bahamian women are afraid to have a glass of water when they leave their homes because of the overwhelming urge to urinate frequently.

In the Bahamas, several minimally invasive outpatient procedures are readily available to successfully treat both stress and urge urinary incontinence. Patients can take an extended

THE UROLOGY DOCTOR IS IN...



Dr Gregory Pinto

lunch break and often return to work after any of the minimally invasive procedures, and have no further episodes of urinary incontinence/leak.

The US Food and Drug Administration (FDA) approved synthetic transvaginal urethral slings are available through Urology Care Bahamas to minimally invasive treat stress urinary incontinence in a less than 30-minute outpatient procedure.

FDA-approved minimally invasive Botox injections effectively

treat urge urinary incontinence and are likewise available locally in the Bahamas as a 20-minute outpatient painless procedure.

Another option is the FDA approved minimally invasive placement of synthetic bulking agents such as macropastique at the level of the opening of the bladder and urethra, can successfully treat stress urinary incontinence.

For men with severe stress urinary incontinence, artificial urethral sphincter surgery is available locally.

The FDA has now approved the non-invasive highly effective management of stress, urge and mixed urinary incontinence using the device INNOVO. No procedure is necessary.

INNOVO, the state-of-the-art non-invasive pelvic floor exerciser provides pelvic floor muscle effective strengthening that treats the root cause of bladder leak due to urinary incontinence for both women and men. The INNOVO advanced device was FDA approved late last year and is now available in the Bahamas for the first time through Urology Care Bahamas.

INNOVO is a painless, non-invasive device that is simple to use; just put on the convenient device that is similar to a comfortable pair of bicycle shorts that it delivers painless electrical stimulation to the entire pelvic floor muscles in a short 30-minute session. All varying sizes of the INNOVO device fitted shorts are available.

A hand-held controller is connected to the state of the art INNOVO shorts and the intensity of the painless electrical stimulation of the pelvic muscles can be controlled by the user.

The electrical stimulation is painless and the device can be used within the confines of the user's home whenever it is convenient.

Sit comfortably and watch TV or read a book and the non-invasive painless device simply delivers electrical stimulation to your weakened pelvic muscles.

The device is used five times a week for 30-minute sessions per day for treating stress urinary incontinence and it is worn three to four times a week to treat urge urinary incontinence. After 12 weeks the vast majority of women will be dry and no longer need panty liners or pads or adult diapers.

The scientifically proven success of the INNOVO device is extraordinary.

Eighty-seven percent of users have no or mild urinary leak/incontinence after a 12-week treatment period, involving three to five 30-minute sessions each week. Ninety-three percent of INNOVO users saw a significant reduction in urinary leak after just four weeks of use.

INNOVO has provided over 1.5 million successful treatments of stress urinary incontinence in Europe thus far.

A weak bladder is a fixable problem that with the convenient at home use of the non-invasive, painless INNOVO device, thousands of Bahamian women and men can regain their happiness, confidence and freedom in their lives.

Laugh hard again and with no leak of urine. Exercise full throtle once again without any fear of urine leak.

Say goodbye to panty liners and pads and no longer fear smelling like urine.

This revolutionary FDA approved INNOVO device is readily available through Urology Care Bahamas.

Eighty-seven percent of users of the at-home use device are completely dry or have rare minimal urine leak after 12 weeks of treatment.

It's as simple as putting on a technologically advanced comfortable bicycle shorts connected to a painless electrical pelvic muscle stimulator; used privately at home.

Seek confidential and compassionate state of the art painless treatment for your urinary leaking.

A confidential urology consult is required to pinpoint the exact cause of bladder leak and determine whether the INNOVO device is right for you.

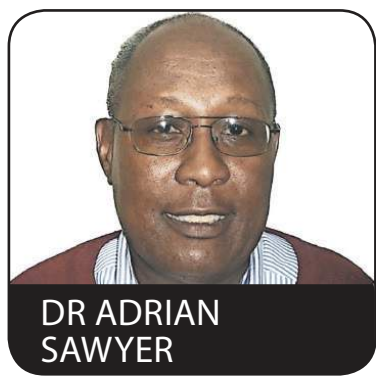
Gain control again of your bladder and your happiness. Live your life to the fullest, with complete control of your bladder, and throw away the panty liners and pads and live your life confidently without the terrible hindrance of urinary leaks.

• Dr Gregory Pinto is a Bahamian urologist who has trained in South Africa, Germany and France. He is a member of the European Association of Urologists. He can be reached at Urology Care Bahamas at the Surgical Suite, Centreville Medical Centre, Collins Avenue and Sixth Terrace. Call (242) 326-1929, e-mail welcome@urologycarebahamas.com, or visit the website www.urologycarebahamas.com.

THE IMPORTANCE OF KIDNEY HEALTH FOR EVERYONE - PART I

Last Thursday was observed as World Kidney Day. The theme for this year's theme, "Kidney Health for Everyone Everywhere", calls for universal health coverage for prevention and early treatment of kidney disease. Nephrology is the study of kidneys and its diseases, and comes from the Greek word "Nephros" (kidney). The mission objective this year is to raise awareness of the importance of our kidneys to overall health and reduce the frequency and impact of kidney disease and its associated health problems world-wide. Included in the mission for 2019 are the following objectives:

- Improve awareness of the importance of kidney function
- Highlight the overwhelming impact of diabetes and hypertension (high blood pressure) contributing to chronic kidney disease (CKD)
- Encourage the systematic screening of all patients with diabetes and hypertension for CKD
- Encourage preventive behaviours
- Educate all medical professionals about their important role in detecting and reducing the risk of CKD in high risk populations



DR ADRIAN SAWYER

- Stress the role of local and national health authorities in managing and controlling the emerging CKD epidemic
- Educate health authorities of the high disproportionate costs associated with treating people with CKD and encourage these entities to take action and invest in further kidney screening.

BACKGROUND

The United States Renal Data System (USRDS) annually compiles statistics on the incidence (number of new cases per year), prevalence (total number of

current cases); population demographics among ethnic and racial groups, and more. It also calculates the total economic costs for treatment and management of CKD and end stage renal disease (ESRD). Canada and Europe have similar data systems. The important data-driven information from these data banks indicate the following:

1. Diabetes is far and away the single largest cause of CKD and ESRD; accounting for approximately 45 percent of ESRD in the United States; the figure is closer to the mid-30s in Europe.
2. Hypertension (high blood pressure) follows in second place as the single largest cause of CKD/ESRD.
3. Inflammatory diseases such as systemic lupus erythematosus (SLE) kidney disease, other inflammatory glomerulonephritides such as IgA disease; membranous nephropathy and other immune-related diseases. For the regional and local population, SLE is of importance due to the disproportionately high incidence of Lupus kidney disease in black women of African ancestry along with a pattern of more

severe disease burden overall in this population.

4. Hereditary cystic kidney diseases, such as autosomal dominant polycystic kidney disease (ADPKD) accounts for somewhat less than 10 percent of causes of ESRD. In the Bahamas, there are families from the south-eastern islands with this disease entity burden.

5. Black populations have a uniquely disproportionately high incidence of CKD/ESRD related to HIV infections (AIDS). Recently there has emerged evidence indicating that a genetic mutation (change in gene composition) in people of west and central African ancestry predisposed them to more severe kidney disease related to hypertension, HIV and non-HIV collapsing glomerular disease, SLE and possibly other kidney disease entities.

The genetic change seems to have evolved to protect these populations from a fatal African sleeping sickness (trypanosomiasis), transmitted by an airborne vector to humans. This mutated gene while protecting from fatal African sleeping sickness, made the affected populations more

susceptible to non-diabetic kidney diseases noted above. This is an ongoing area of research that has recently included some of the regional Caribbean countries; the Bahamas has not been a participant. The parallel with sickle cell anaemia theory of evolution in protecting susceptible persons from malaria is evident.

6. In the United States Renal Data System, African Americans have a 3.5 to 4.5-fold higher incidence of diabetic and non-diabetic kidney diseases contributing to end stage kidney disease (ESRD). They account for some 12 to 14 percent of the population, but account for 20 to 25 percent of the ESRD population.

The demographics of the Bahamas with a population of approximately 400,000 persons of which 85 percent are of African ancestry and the remainder classified as Caucasian/mixed, the USRDS data bank is the most relevant for analysis and projection of expected kidney disease burden and cost nationally.

• See next week's Health section for part two.

SETTING UP YOUR SUPPORT STRUCTURE

Health coach Ethan Quant, of Elite Wellness Solutions, has succeeded in his weight loss journey and now wants to share his methods with the Bahamas in an effort to foster a culture of wellness and conquer the obesity epidemic.

When I started my health, wellness and fitness journey I can truly say that it was hard to stay on track, even after I decided to make it my lifestyle. I had people in my life who were sort of cheering me on from the sidelines, but oftentimes I found myself alone struggling through the process.

I remember what it was like to feel that way, which is a big part of the reason I work so close with my health and lifestyle coaching clients, so that they never feel that they have to go through this often very difficult process alone. As a coach I provide guidance, and more importantly, support. We often underestimate the importance of support.

Now I know that not everyone has the ability to hire a full-time

health and lifestyle coach, but I wanted to give you some ideas of where you can find real support for little or no money to help you on your health wellness and fitness journey.

FAMILY AND FRIENDS

This may seem like an obvious one, but if you are like most people, you don't like just everyone in your business. However, I find that when you are committed to improving your health and wellness, in most cases there is at least one family member or friend who will be your cheerleader and can also serve as an accountability partner. Be careful here though, because sometimes family members don't want you to change; steer clear of those. But if they really love you and they want the best for you, they can be your greatest supporters.

CO-WORKERS

When you think about it, you probably spend more time with the people you work with than

the people you live with. This is why co-workers have great potential to be an awesome support structure. If your company values your health and well-being, chances are they have some sort of wellness programming in place that you can participate in. If not, get a couple people from the office and start a walking or jogging group. You can share healthy recipes and keep each other accountable when the "tart lady" comes around. You can go to exercise right after work, and co-workers have a talent for "keeping it real".

FITNESS GROUPS

This is my personal favourite; it's actually where I solidified that I was changing my life for real. I joined a fitness group a couple of months after I started my health wellness and fitness journey and a lot of them I am still in contact with today. The best part about a fitness group is that you not only get to meet and workout with like-minded people, but you get

to form new relationships as well. It's a win-win. Get healthy and meet new people!

ONLINE SUPPORT

With the way technology is set up in 2019, you can find everything online, and support is no different. You can find a personal trainer, health and lifestyle coach, fitness group, anything. What I also like about this option is that you can find the exact type of support you are looking for. If you want support for starting your new vegan lifestyle, you can get that. If you want support for marathon training, you can get that. If you want support for almost anything you can find it online, just Google "support group" for whatever need you may have.

I know that there are many more sources that you can tap into for support, but these were just a few that I wanted to mention. Setting up a support network is important to your long-term health, wellness and fitness



ETHAN QUANT HEALTH COACH

success. I am not saying that you can't be successful without it, I am just saying that it's great to have. Remember, if you need help with this or any aspect of your health wellness and fitness journey, feel free to reach out to me directly. #letsgetit

• If you need help navigating any part of your health, wellness and fitness process, you can contact Ethan Quant at ethan@elite-wellnessolutions.com or on Instagram at @ethanquant.