



# UROLOGY UPDATE

in relation to women's health  
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# TOPICS

Recurrent UTI  
Mycoplasma/Ureaplasma

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Interstitial cystitis

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Overactive bladder

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Stress urinary incontinence

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# RECURRENT UTI



## Risk Factors

- New sexual partner
- Spermicides
- Family history
- Urinary and/or stool incontinence
- Cystocele
- Incomplete bladder emptying

## Diagnosis

- Symptomatic
- 2 infections in 6 months or 3 within one year
- Must be confirmed on culture



# Treatments

## Behavioral modifications

- Water intake (2-3L)
- Contraceptive change
- Hygiene
- Postcoital voiding

## OTC supplements

- Cranberry
- Dmannose
- Probiotics

Vaginal estrogen cream

Methenamine 1G PO BID

Antibiotic suppression



# Mycoplasma and Ureaplasma

- Mycoplasma genitalium
- Mycoplasma hominis
- Ureaplasma spp





# INTERSTITIAL CYSTITIS

# Interstitial cystitis

- Diagnosis of exclusion
- Common with other pain syndromes
- Symptoms:
  - Discomfort with bladder filling, relief with voiding
  - Pressure
  - Spasms
  - Urinary frequency
  - Dysuria
  - Remission and exacerbations





# Evaluation

- Urinalysis and culture
- STD screenings
- Post void residual
- Cystoscopy
- Urodynamics

# Treatment

- Dietary modifications
- Behavioral modifications/  
physical therapy
- Amitriptyline
- Atarax
- Uribel
- Hydrodistension
- Bladder cocktails

# OVERACTIVE BLADDER

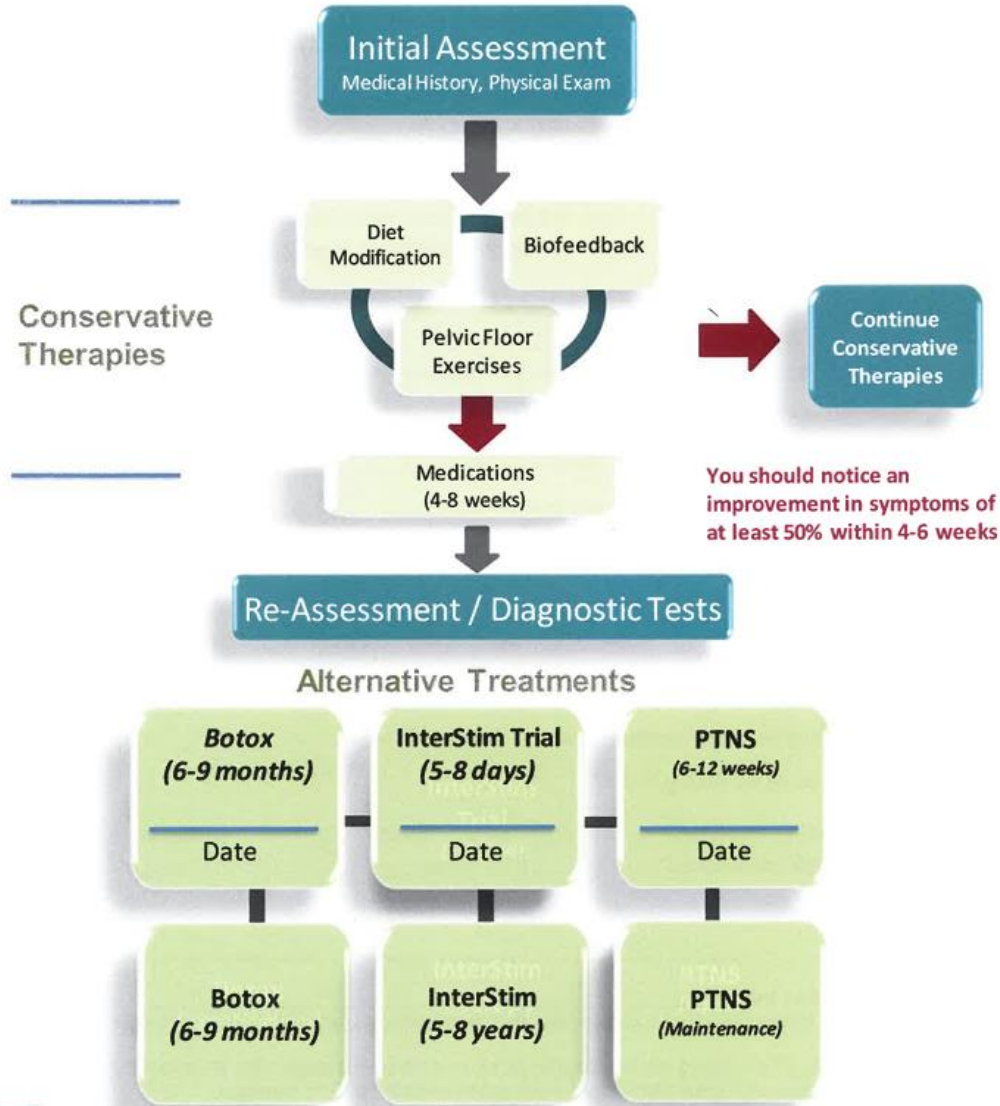


# Overactive bladder

- Urinary urgency with or without leak
- Risk factors:
  - Anatomical problems
  - Neurological problems
  - Pregnancy/vaginal childbirth
  - Post menopause
  - Older age
  - Obesity



# Bladder Management Care Pathway





# STRESS URINARY INCONTINENCE

# Stress urinary incontinence

- Loss of urine with activities that increase abdominal pressure
- Can be visualized on exam with cough. May or may not be accompanied by a pelvic organ prolapse.
- Rule out urinary retention

# Stress urinary incontinence

## Evaluation

- Cystoscopy
- Urodynamics

## Treatment: Surgical intervention

- Urethral bulking
- Sling




thank you

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