

ANNUAL INCONTINENCE SCREEN

Women's Preventative Services Initiative (WPSI) recommendations

O'Reilly, et al. (2018). *Annals of Internal Medicine*, 169, 320-329.

BACKGROUND

WPSI recommends annual screening of all women for urinary incontinence (UI). Screening should use a validated instrument to assess symptoms of UI, type and degree of the incontinence, and impact on the woman's health, function, and quality of life (QOL).

Screen annually; 51% of women suffer from urge, stress, or mixed UI, AND 55% of those women won't self-report symptoms to their physician. UI is associated with UTI, skin ulceration, and fractures occurring at night from falls or while rushing during an episode of urge UI.

SOLUTION

Pelvic Floor Physical Therapy (PFPT) is a safe and effective non-pharmacological/non-surgical intervention to address pelvic floor dysfunction including the main types of Urinary Incontinence.

Patients seeking Pelvic Floor Physical Therapy for Urinary Incontinence have a thorough, personalized solution that is less invasive and has fewer side effects than alternative treatments (e.g., medication and surgery).

BENEFITS

1. Retained Independence

If finding a restroom leaves you feeling worried or frustrated, PFPT can help you get your confidence back.

2. Improved Immediate and Long-Term QOL

If UI has ever stopped you from living life on your terms, PFPT can help you get back to doing the things you love, with the ones you love.

3. Reduced Need for Intrusive Intervention

If you have ever forgotten a dose of medication, you know how hard daily medication can be. PFPT can help you get off medication and provide a long-term solution to your UI.



AT A GLANCE

CHALLENGES

- 51% of women have UI
- 55% of those won't self report
- Change the stigma

BENEFITS

- Retain your independence
- Improve your Quality of Life
- Reduce your reliance on medication



LAUREN PETERSON, PT, DPT

Clinical Director


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30-Sec Self-Assessment

Do you ever

- | | |
|--|---------------|
| 1) leak when you cough, sneeze, laugh, jump, or run? | Yes No |
| 2) leak any urine, even if it is just a small amount? | Yes No |
| 3) worry about making it to the restroom "in time?" | Yes No |
| 4) go to the restroom "just in case?" | Yes No |
| 5) wake up more than one (1) time per night to urinate? | Yes No |
| 6) go to the bathroom more than eight (8) times per day? | Yes No |

If you answered "Yes" to any of these questions,
it is time to get in touch.

(405) 400-8909 

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Love Your Life!



Had a great experience with pelvic floor physical therapy after delivery. They were so kind! Best example I have is this - I had no one to watch him, so my baby came to every session with me. He usually napped the whole time, but one time he was crying and cranky and Sean came and held him and walked around with him. By the time I was done, my son was asleep in his arms in the office, both of them looking perfectly content. Everyone up there was welcoming and I always felt very comfortable. 10/10 would recommend 😊

- Miranda (via Google)

