

## **Incontinence**

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In the United States there are an estimated 17 million men and women with urinary incontinence at a cost of 26 billion dollars per year. Because of the aging population these numbers are expected to grow. It is estimated that only 10-20% of patients with urinary incontinence and voiding dysfunction discuss this problem with their doctor.

Treatment alternatives include conservative therapy, medications and surgery. Conservative treatment includes physical therapy, behavior therapy, intravaginal and intraurethral devices and absorbent pads. Two drugs, Tolterodine and constant-release Oxybutynin show acceptable efficacy and fewer side effects. Surgical treatment includes bladder neck suspension which is effective in 80% of patients for up to five years. In men, treatment with an artificial sphincter is curative in 75%. New surgical techniques will need additional long-term assessment.

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