

# Masterclasses

MC1.2

Recent Surgical Developments

09:00 Theatre 1

## Be a Happy Lady – How Urologists Help

*Cheung EHY*

*Surgery Department, North District Hospital, Hong Kong*

---

Female urinary incontinence is a worldwide problem. The prevalence is about 20%. However several factors will lead to increased risk, which include pregnancy, obesity, diabetes, and aging. By estimation, around one-third of women over 50 may have urinary incontinence.

The first line treatment is non-surgical treatment, which include pelvic floor exercise, bladder training, and good drinking and voiding habit. Cure rate for women with mild symptoms is about 80%.

However in Hong Kong, public awareness for female urinary incontinence is very low. From the statistics of our study, over 77.8% women would not seek any medical advice with the main reason of wrong perception. Most women considered it was normal when getting old, so there was no need to seek medical advice; some considered it was too mild so they did not bother; and some did not know where to seek medical advice.

From urologist's perspective, prevention and early treatment is the golden rule for this problem. We actively promote the message of "treat early is better" to the public. We hold regular health talk every year; prepare education pamphlet, video, website; and we also share real stories from our patients in Jade channel in 2012. In addition, we have a nurse led fast tract clinic which offers early treatment for patients.

For surgery, besides the gold standard of ordinary mid urethral sling, we also have homemade sling for the poor and spiral sling as salvage procedures for recurrent cases.

In summary, urologists just like urogynaecologists, who offer surgical treatment, also focus on prevention and early treatment. We hope to make our ladies happy.