

## Mayo Clinic Minute: Treatment options for stress urinary incontinence

Video	Audio
	For some women, a laugh among friends ...
	... or a round of golf can lead to an unpleasant moment.
	Dr. Emanuel Trabuco says it's called stress urinary incontinence —loss of urine with physical activities such as coughing, laughing, sneezing and exercise.
Emanuel Trabuco, M.D. Urogynecology Mayo Clinic	"Having prior deliveries, particularly vaginal deliveries, puts women at higher risk."
	Middle-aged women, those who smoke and are overweight are also at risk. Luckily, treatment works.
	"Working with the physical therapist is greatly beneficial if they have weak pelvic floor."
	When therapy or over-the-counter options don't help, surgery may be an answer.
	"There are both mesh-containing surgeries and non-mesh-containing surgeries."
	Another less invasive option is the midurethral sling.
	"80% to 85% of the women are either significantly dry or completely dry."
	Most important, says Dr. Trabuco, is talking with your health care provider.
	"There are surgical and nonsurgical options that we can do to treat a condition that's greatly bothersome and impacts quality of life."
	For the Mayo Clinic News Network, I'm Vivien Williams.