

Botox below the Belt?

A surprising but effective solution for urinary incontinence



Thomas Wood, MD, Urologist

Most people have heard of Botox—the injectable solution for crow’s feet, forehead wrinkles, frown lines and

headaches—but recently, Botox has found another use.

No longer the sole domain of cosmetic dermatology, Botox is now being used for urological conditions. Reedsburg Area Medical Center’s own Dr. Thomas Wood is using Botox as an effective treatment for urinary incontinence.

What is urinary incontinence?

Urinary incontinence, or the involuntary loss of urine, is a common condition among men and women—particularly as they age or if they have had children. Botox is helping to level the playing field by giving women a solution to incontinence.

How it works

When injected, Botox temporarily paralyzes muscles, becoming most effective five to eight days after injection. Botox therapy can help all levels of urinary incontinence—from simple conditions like overactive bladder to more severe cases like bladder problems related to neurological disorders. As with its applications elsewhere, Botox for urinary incontinence lasts six to eight months and then is re-injected.

Benefits of Botox

Botox is safe and effective for nearly all ages. Using this treatment for incontinence can eliminate the need for daily medications and thereby eliminate their side effects, which are typically constipation and dry mouth. Furthermore, Botox does not involve any implants, so the procedure is much less invasive than other options.

If you want to try to stop living with urinary incontinence, make an appointment with Dr. Wood. Call (608) 768-3900 today.

We see most insurances.

Pelvic Floor Therapy

A physical therapist gives us the scoop

Also used as a solution for urinary incontinence—plus so much more—pelvic floor therapy has been changing lives for the better. Call 768-6120 to learn more.

Jennifer Schneider, RAMC Physical Therapist, tells us more:

Q: What is pelvic floor therapy?

Jenny: Pelvic floor therapy treats a wide range of concerns, from pelvic pain to urinary and/or bowel incontinence. Pelvic pain is felt in the lower abdomen, pelvis or perineum. Sometimes, back or hip pain can be caused by pelvic floor dysfunction. Pelvic floor therapy can help relieve this pain as well as aid in the prevention of urinary incontinence, when an overactive bladder leads to increased frequency in urination.

Q: How does pelvic floor therapy work?

Jenny: Pelvic floor therapy may consist

of exercises to strengthen the pelvic floor, stretches for tight muscles affecting pelvic floor function, postural exercises, behavior modification, and manual therapy techniques.

Q: Who would be a good candidate for pelvic floor therapy?

Jenny: Pelvic floor therapy is for men and women of all ages that have concerns with pelvic pain, urinary or bowel incontinence. Answering yes to any of the following questions may indicate that a person could benefit from pelvic floor therapy:

- Do you leak urine with coughing, sneezing, exercising, or laughing?
- Do you have a strong urge to use the bathroom frequently throughout the day? Do you wake up more than once per night to go to the bathroom?
- Do you feel like you do not fully empty your bladder or bowels?

Do you have pain with intercourse?

Do you feel a heaviness or any pressure in your pelvic region?

Q: What kind of results does pelvic floor therapy offer?

Jenny: Pelvic floor therapy can be life changing. It offers individuals increased confidence to continue an active lifestyle without concerns of embarrassing accidental leaks. Pelvic floor therapy can help people overcome pain as well as incontinence. +



Jennifer Schneider, PT, DPT