

health and wellbeing

Restoring continence and confidence



Find out more about
Urinary Incontinence Solutions
visit:
www.PaulLarsonOBGYN.com

“At first, I leaked just a few drops of urine when lifting or coughing. But it has gotten so much worse. Now, I never leave home without wearing a maxi pad and carrying another in my purse. I’m afraid I’ll have an accident.”

It’s amazing: 1 out of 3 women share a common healthcare concern: the uncontrolled leakage of urine from their bodies, a condition known as urinary incontinence. For some women, the condition is brought on with coughing, sneezing or exercise.

“Stress urinary incontinence limits lifestyles and relationships because of the embarrassment that accompanies odor and wetness,” explains Dr. Maria Cremer, board certified OB/GYN specialist at Paul Larson Clinic. “Typically the symptoms worsen over time and so lifestyles and relationships are further compromised as the condition progresses.”

Stress urinary incontinence is typically the result of weakened pelvic muscles and tissue. These muscles and tissue are often weakened by pregnancy, childbirth, hormone changes, prior surgery or obesity. This results in a urethra that is unable to close tightly enough to hold urine in the bladder.

Fortunately, there are treatment options available. One such solution is the female “sling” system for stress urinary incontinence. Doctors treat incontinence by surgically placing a narrow strip of mesh material — called a sling — under the urethra to give it a point of support.

“The sling procedure is a minimally invasive, highly effective procedure,” says Dr. Martin Immerman, who specializes in helping women regain urinary control. “It generally takes less than 20 minutes and is usually performed on an outpatient basis with only a local anesthetic.” **Paul Larson Clinic is proud to be one of the only clinics in the state of Minnesota that performs the procedure in the office* under local anesthesia.**

Most patients are continent immediately following the procedure and can resume normal, non-strenuous activities within a short time.

Independent studies, as well as our own clinic experience, have found a greater than 90% success rate when the MiniArc sling, manufactured by American Medical systems in Minnetonka, MN, is used. “The potential to give someone back their lifestyle with such a minimally invasive procedure is truly amazing,” says Paul Larson’s Dr. Charles Hirt. “I feel like I’m making a real difference in their lives.”

According to one of our patients, LW: **“I had the Miniarc procedure in the office and felt minimal discomfort and was dry before I left the office! It has changed my life!”**

If you want to find out more about this minimally invasive procedure to treat urinary incontinence call the Paul Larson Clinic at 952-927-4021 to schedule an appointment with one of our specially trained doctors.