

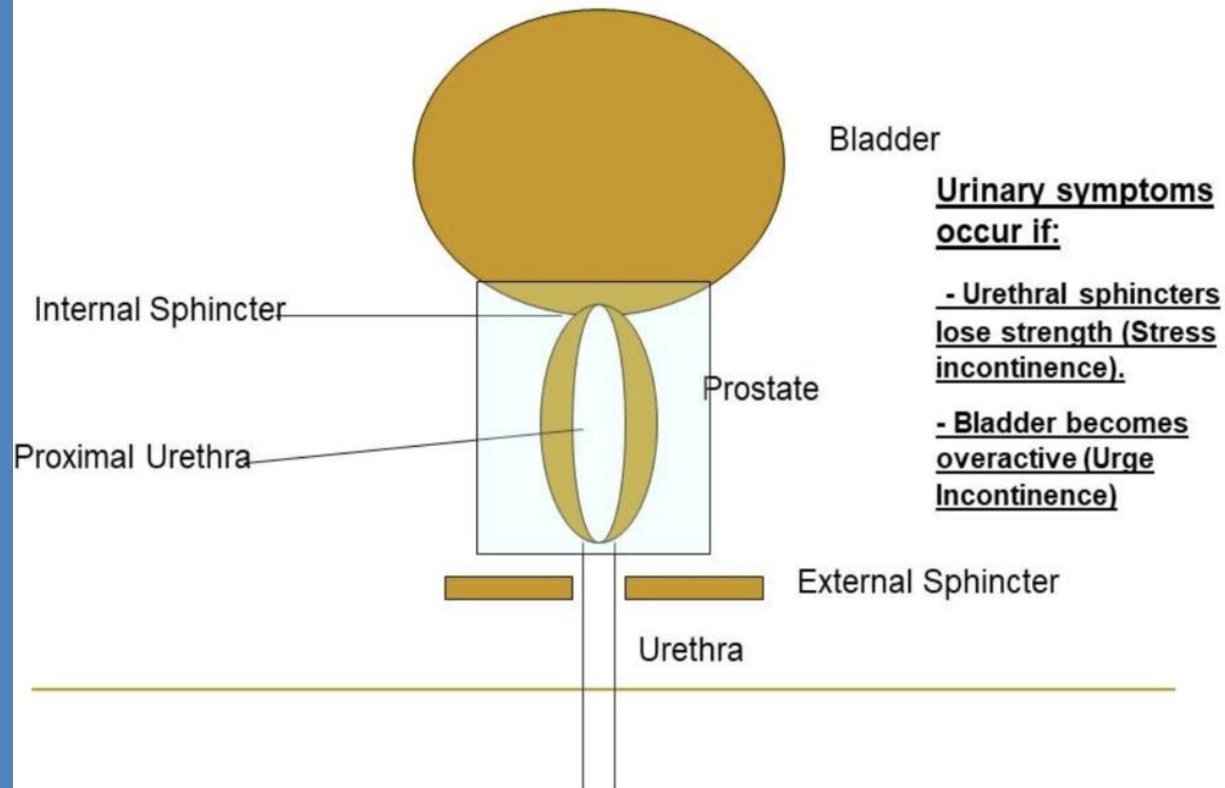
What's Up with Urinary Incontinence Post Prostate Cancer Treatment?

Philip Van Kerrebroeck, MD, PhD, MMSc
Prof. em of Urology, Maastricht University (NL)
Life Expert Center, Leuven (Be)

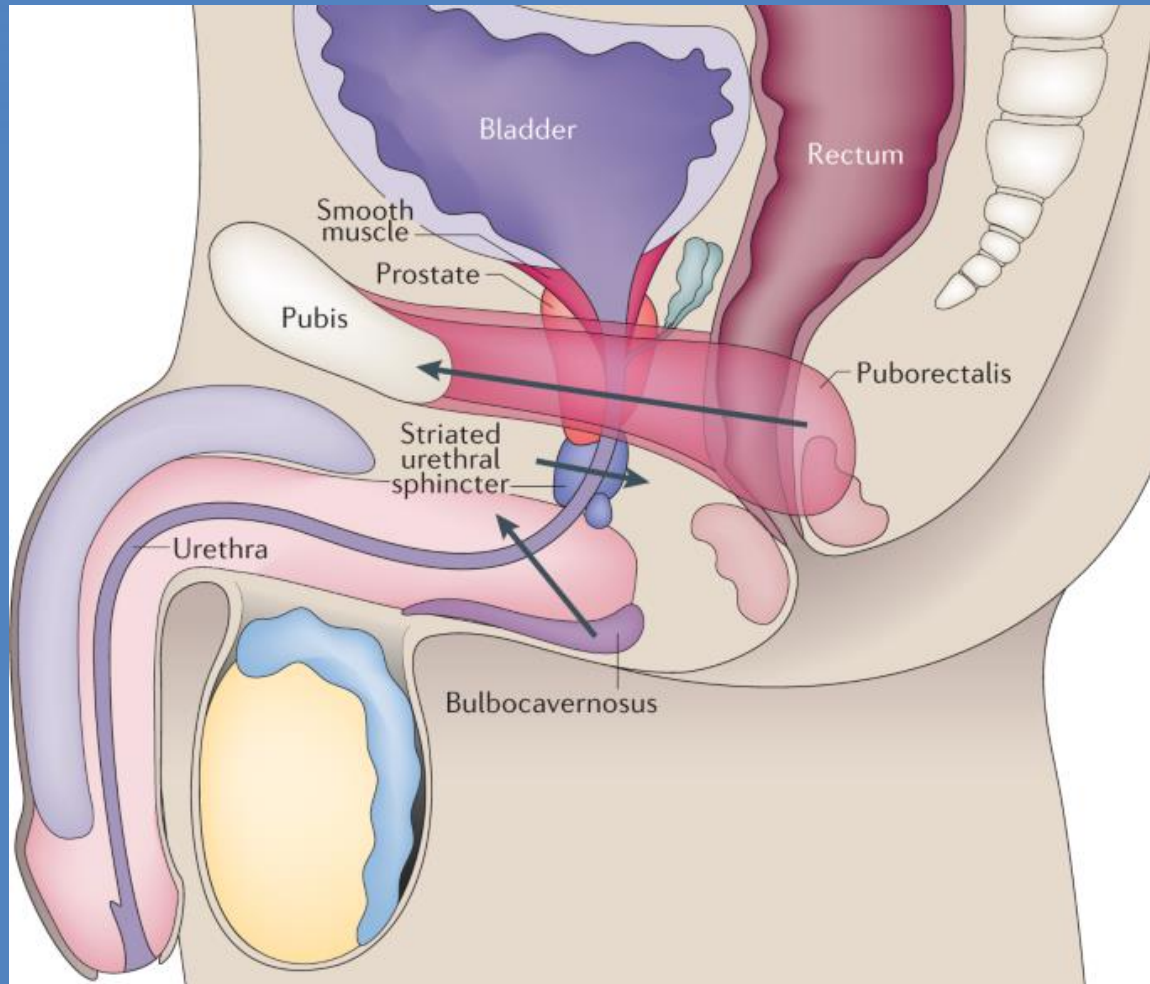


How is it normally?

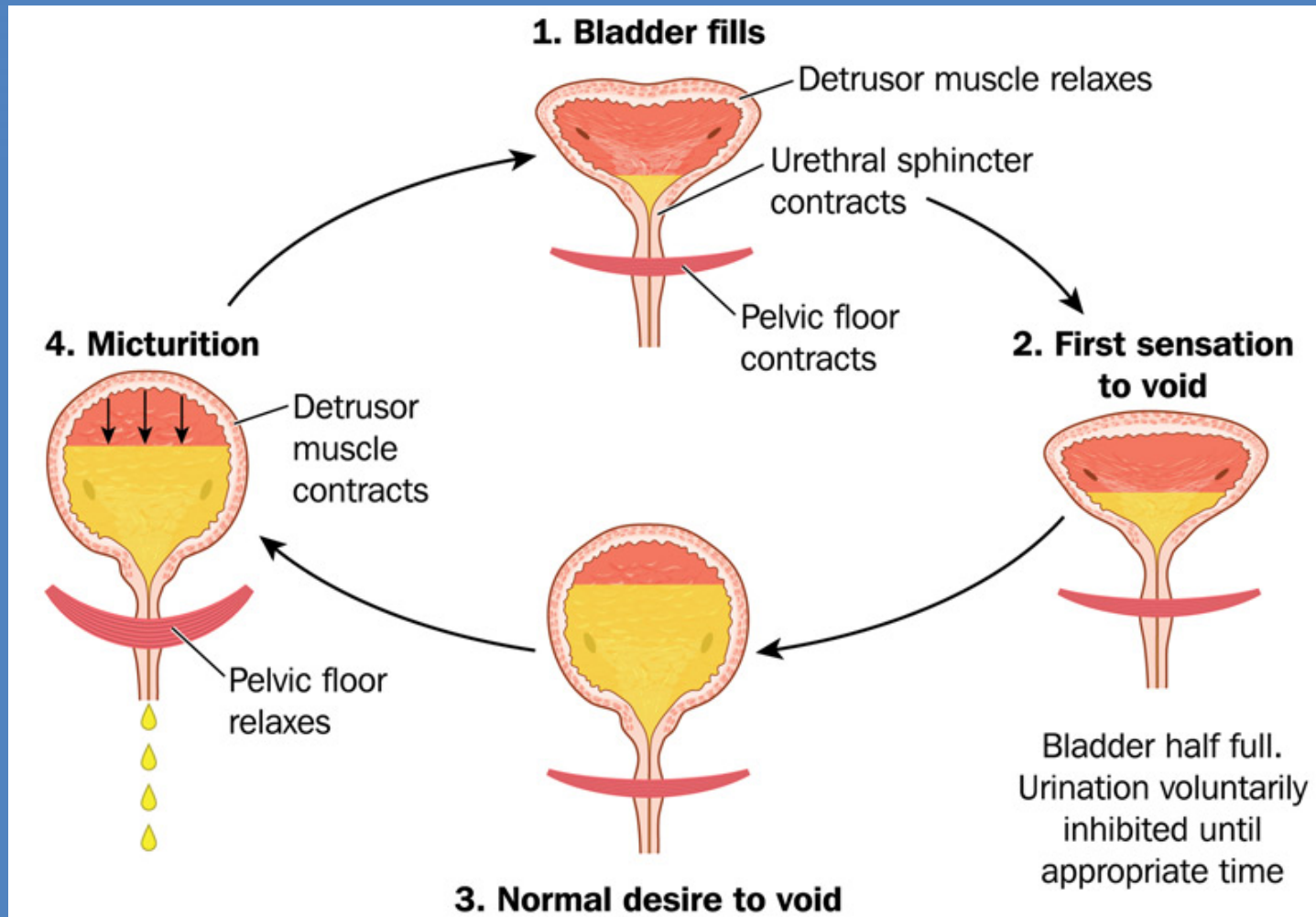
Anatomy of Urinary Continence



How is it normally?



How is it normally?



Prostate cancer treatment

- Watchful waiting (WW)
- Radical prostatectomy (RP)
- External beam radiotherapy (EBRT)
- Internal radiation therapy (brachytherapy)
- Cryotherapy
- Hormonal treatment
- Combinations

Side effects and complications of Prostate cancer treatment

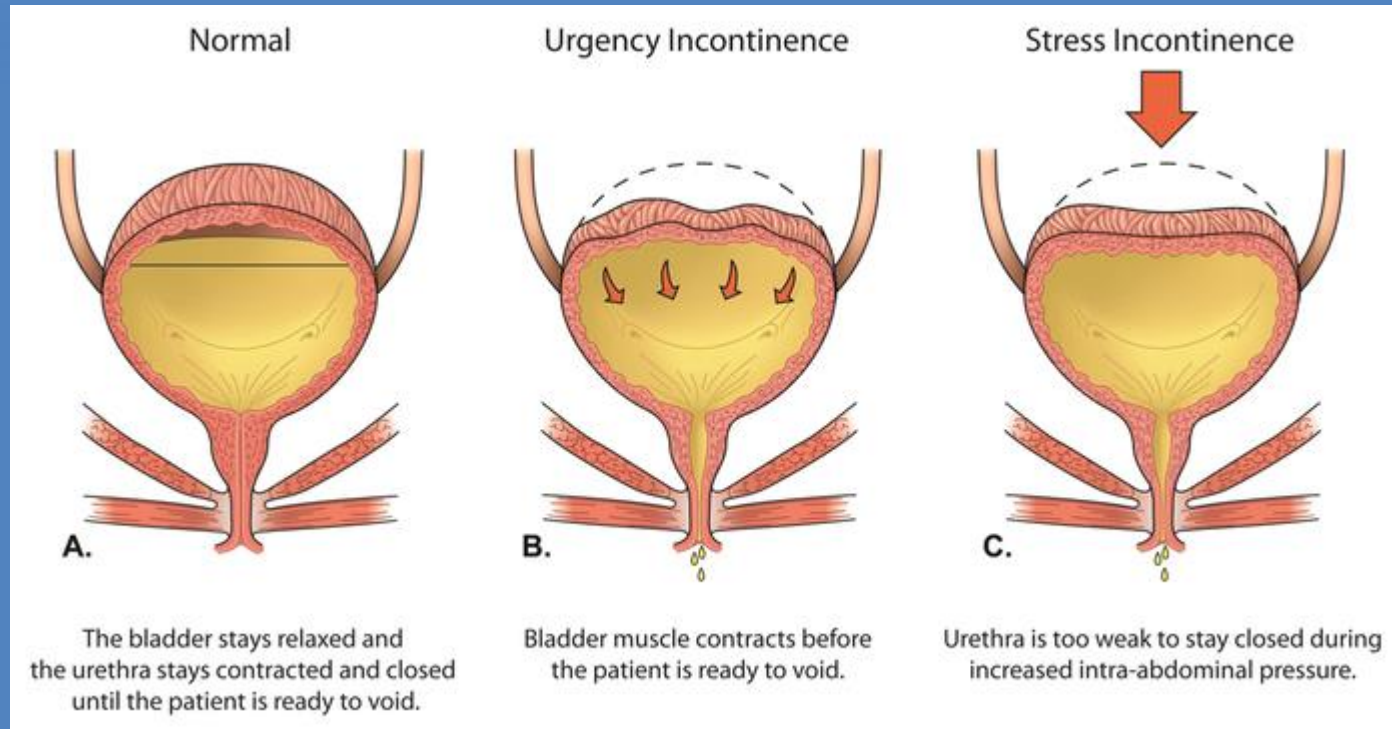
- Urinary incontinence
- Erectile dysfunction (erection problems)
- Changed sexuality
- Defecation problems
- Other urological complications
- Global side effects
- Psychological changes

Urinary side effects and complications of Prostate cancer treatment



- Urinary incontinence
 - Stress urinary incontinence
 - Urgency urinary incontinence
- Voiding problems
 - Overactive Bladder (OAB)
 - Incomplete emptying
- Other urological complications

Urinary incontinence after Prostate cancer treatment



Urinary incontinence after radical prostatectomy: how often?



Urinary incontinence after radical prostatectomy: how often?

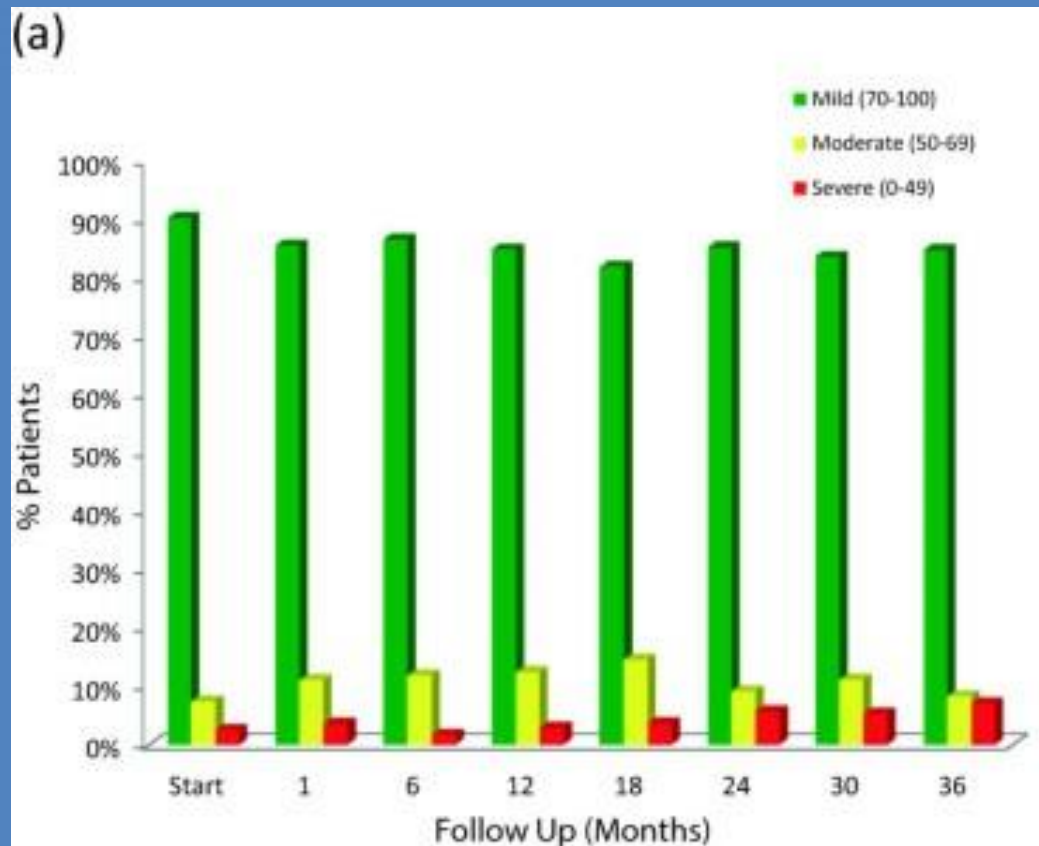
Post Op Urinary Incontinence

52% of men experience incontinence 2 months following surgery

15% of men experience urinary incontinence 12-14 months after surgery



Urinary incontinence after radiotherapy for prostate cancer: how often?



Urinary incontinence after radical prostatectomy: summary

1. Incontinence is the primary urinary side effect
2. In the hands of a skilled surgeon, about 10-15% of men report frequent leakage or no control and a need to use absorbent pads at six months after treatment
3. By three years, fewer than 10% of patients report using pads at all
4. Up to 30 to 50% of men with normal baseline function will report some increase in urinary symptoms and urgency after prostatectomy
5. Less urinary incontinence if a nerve-sparing technique is performed

Urinary incontinence after external radiotherapy for prostate cancer: summary

1. Radiotherapy can irritate both the bladder and the urethra, causing inflammation or swelling of the prostate.
2. Most symptoms lessen over time with little or no intervention:
3. Nearly 45% of men report voiding symptoms after six months, and the majority resolve by one year.
4. Symptoms can persist and some men may see even an increase over time.

Urinary incontinence after brachytherapy for prostate cancer: summary

1. Urinary dysfunction following brachytherapy tends to be more severe initially
2. Over 70% of men have symptoms requiring pads or medication within six months after seed implantation
3. The rate of incontinence drops to 25% or less after two years and to under 10% by three years
4. However, 20 to 40% of men with normal urinary function at baseline will have persistently increased urinary symptoms three years after receiving brachytherapy

Who is at risk for urinary incontinence after prostate cancer treatment?

SUI after surgery could be caused by:

- Older age
- Larger prostate size before its removal
- Smoking
- Diabetes or other neurological diseases
- A lot of blood loss during surgery
- Need for cutting nerves during surgery
- Size or stage of prostate tumor
- Radiation after surgery
- Previous surgery for benign prostate enlargement (BPH)

Prevention of urinary incontinence after prostate cancer treatment.



Therapy for urinary incontinence after prostate cancer treatment.

1. Life style modification, behavioral treatment
2. Pelvic floor exercises
3. Medication
4. Surgery
5. Other

Therapy for urinary incontinence after prostate cancer treatment.

Life style modification, behavioral treatment

Bladder training:

- holding urine for a short time when you get the urge instead of going right away
- start by holding it for 10 minutes
- after you successfully do that a few times, you can increase your time
- you can use set times during the day to go, and increase the time in between
- you can help by practicing breathing or relaxation techniques
- you may not see results right away

Therapy for urinary incontinence after prostate cancer treatment.

Life style modification, behavioral treatment

Diet modification:

- cut down on alcohol, caffeine (coffee/tea) and sodas)
- avoid spicy and acidic foods (citrus fruits, tomatoes)
- eliminate chocolate and artificial sweeteners
- stop smoking
- loose weight, treat constipation
- BUT: everyone's different

Therapy for urinary incontinence after prostate cancer treatment.

Life style modification, behavioral treatment

Bladder diary:

- record of both your diet and your leaking episodes for a few days at least (how much and what you drink, how often you have to use the bathroom, and when you leak)
- note anything in particular that might have triggered your symptoms, such as bending over in a certain way or drinking too much coffee
- doing this may help you find out what's triggering your leaks

Therapy for urinary incontinence after prostate cancer treatment.

Life style modification, behavioral treatment

Double voiding:

- technique you can use when you go to the bathroom to help your bladder empty out all the way
- after you urinate, wait a minute or two, then try again immediately
- doing this can reduce dribble afterward.

Therapy for urinary incontinence after prostate cancer treatment.

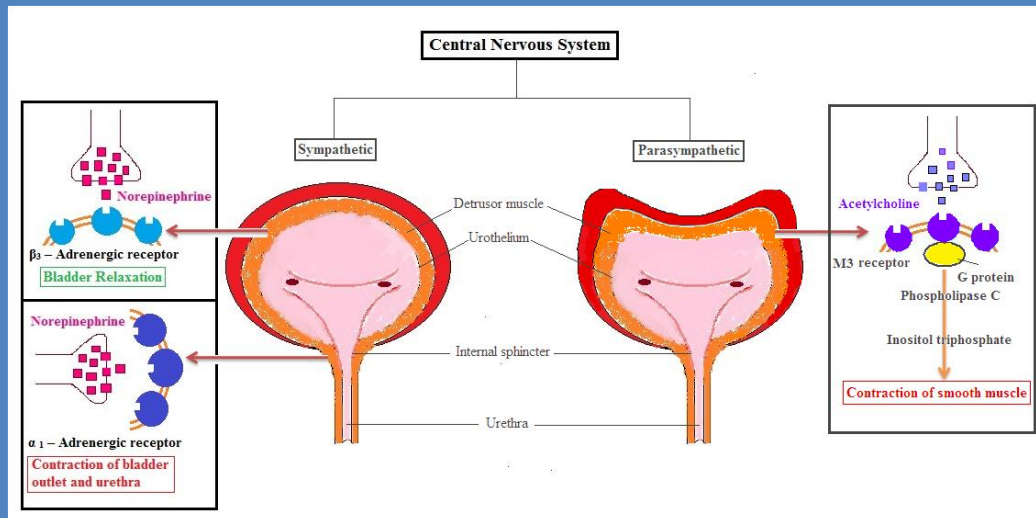
Pelvic floor exercises (Kegels exercises)

- you'll have to make sure you're flexing the right muscles
 - the muscles you would use to stop passing gas are the ones to focus on
1. tense the muscles for 3 seconds and relax them for 3 second
 2. build up slowly until you're doing three sets of 10 repetitions
 3. altogether, it should take about 15 minutes a day
 4. you can do Kegels anywhere: in bed, at your desk, or watching TV.

Therapy for urinary incontinence after prostate cancer treatment.

Medication

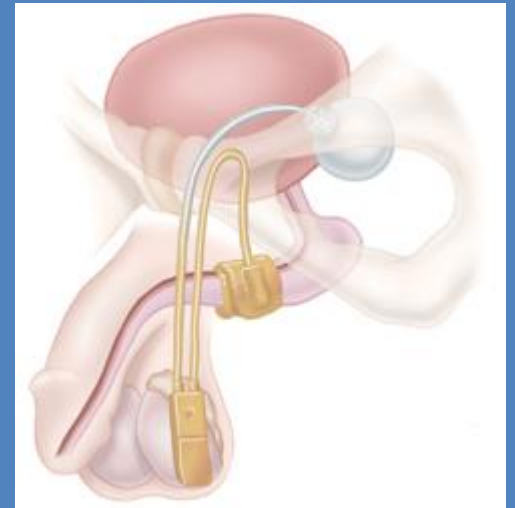
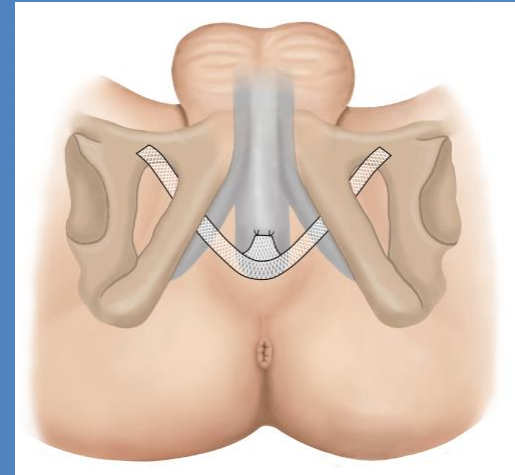
1. Antimuscarinics: medications that relax the muscles of the bladder to help them stop spasming. You can take them as a pill, a liquid, or use a patch.
2. Beta-3 agonists: favor relaxation of the bladder muscles, available as a pill
3. Botox: injections of botulinum toxin type A (botox) into the bladder to relax it.



Therapy for urinary incontinence after prostate cancer treatment.

Surgery

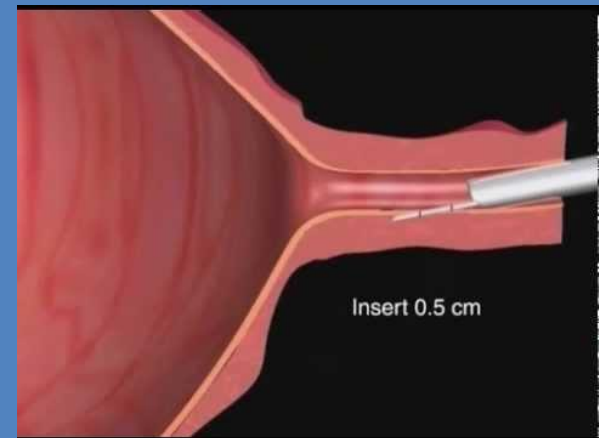
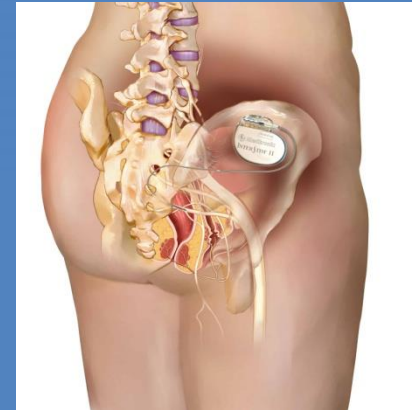
1. Sling procedure: surgery that involves synthetic material or mesh, and making a sling around the urethra .The sling helps to close the urethra during exercises, coughs or sneezes
2. Artificial urinary sphincter: a fluid-filled cuff placed around the urethra and connected with a balloon and a pump in the scrotum. This helps to keep the urethra closed until it's time to urinate
3. Prostate surgery: if the prostate (after radiotherapy) is causing problems



Therapy for urinary incontinence after prostate cancer treatment.

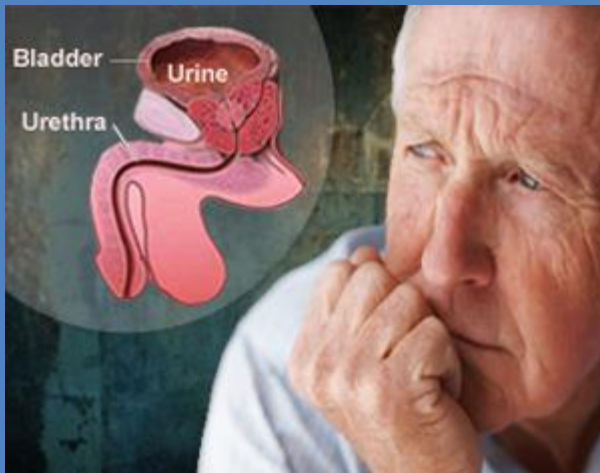
Other

1. Sacral nerve stimulation (SNS): an electric stimulator (similar to a pacemaker to control the bladder).
2. Urethral bulking: injection of material to strengthen the sphincter
3. Catheter: drainage of the urine and blocking the urethra
4. Pads and other protective materials: last resort



Conclusions

What's Up with Urinary Incontinence Post Prostate Cancer Treatment?!



- Many men suffer from urinary incontinence after prostate cancer treatment
- Different causes and several types of urinary incontinence
- Prevention is important
- Several risk factors
- Multiple treatment modalities