



Your Role in Female Pelvic Health

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Objectives


- Acknowledge the burdens of access to care in the U.S.
- Recognize the pelvic health care scope for the APP
- Review treatments of female pelvic complaints:
 - Incontinence
 - Recurrent Urinary Tract Infections (UTI)
 - Genitourinary Syndrome of Menopause (GSM)



Burdens



- Quality of Life
- Anxiety
- Depression
- Falls
- Fractures
- Dermatitis
- Cost
 - Community-dwelling
 - Institutionalized elderly individuals



(Coyne K3, Wein AJ, Tubaro A, Sexton CC, Thompson CL, Krupp JS, Aiyer LP, 2009)

Workforce Shortage

- Two-thirds of shortage will be among physician specialties
- Urologists, urogynecology, gynecology
- Shortfall greatest in rural & nonmetropolitan communities
- Urban areas are preferred by new physicians
- Instructor shortage

(AUA, n.d.; Dambier, 2021; HS Inc., 2015; & Frye et al., 2019)

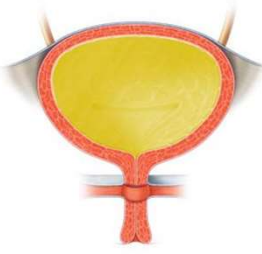
APP Supported

- Institute of Medicine (IOM)**
 - Full extent of training
 - Expansion into specialty
- American Urological Association (AUA)**
 - Endorses APPs
 - APP on the year since 2020
- American Urogynecologic Society (AUGS)**
 - Endorses APPs
 - APP membership committee, conference, certification development

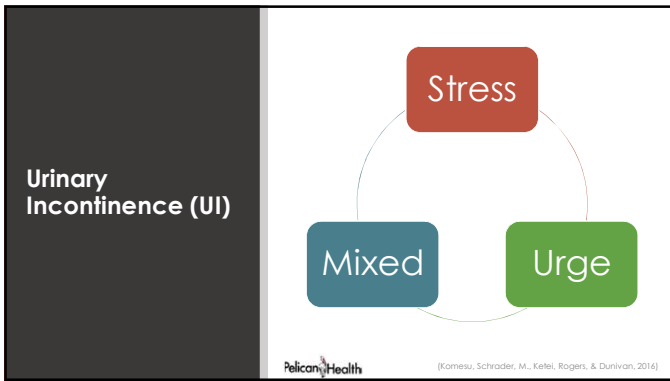
(AUA, 2012; Hanno 2010; IOM, 2010; NGA, 2012; Cera et al., 2021)

Frequent Female Pelvic Health Complaints

- Incontinence
 - >40% urinary incontinence
 - >17% bowel incontinence
- Recurrent UTIs
- Genitourinary Syndrome of Menopause (GSM)



(Gottro, Schappert, Bercovitz A, et al., 2014; Patel & Parsons, 2014; Sukini, 2014)



Stress Urinary Incontinence (SUI)

- Exert and squirt
- Laugh, cough, sneeze
- Exercise, etc.

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SUI Evaluation

- History
 - Gravida/Para
 - GYN history
 - Assessment of bother
- Voiding Diary
- Pelvic examination
- Cough test
- Post-void residual urine (PVR)

Pelican Health (Ford et al., 2017)

Special Assessments

- Negative cough test
- Elevated PVR
- Pelvic organ prolapse
- Seeking definitive treatment



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Guideline Statements- Additional Testing

Cystoscopy?

Urodynamic testing?

Imaging?

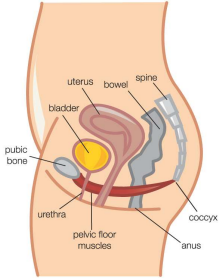

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SUI Treatment Options

- Pelvic muscle training
 - Biofeedback
 - Physical therapy
- Pessary
- Vaginal inserts
 - Impressa
 - Revive
- Containment
 - Menstrual vs Incontinence
- Weight Loss
 - Surgery (sling)

Pessary




© Continence Foundation of Australia 2013
Image retrieved from Continence Foundation of America

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SUI Surgical Intervention

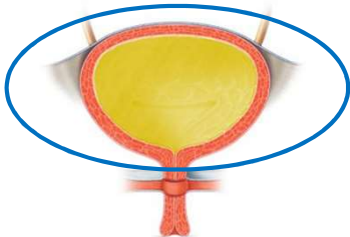
- Mid Urethral Sling (MUS)
- Transobturator Tension-free Vaginal Tape (TOTVT)
- Tension-free Vaginal Tape (TVT)
- Single Incision Sling (SIS)
- Autologous sling
- Urethral bulking



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Overactive Bladder (OAB)

- Urgency, frequency
- With or without leaking
- Chronic condition
- First, Second, & Third line therapies



(Gormley et al., 2014)

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OAB Work Up

- History
- Voiding Diary
- Pelvic exam
- PVR
- Urodynamics?
- Urinalysis?

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OAB First-Line Treatments

- Behavioral
 - Bladder training
 - Fluid management
 - Dietary modifications
 - Bowel habits

Image retrieved from <https://www.webmd.com/urinary-incontinence/obd/obd-behavioral-treatment#treatment> (Peters, 2017)

Second-Line Treatments

- Medications:
 - Anti-cholinergic
 - β 3-adrenergic agonist
- Common SE: dry eyes, dry mouth, constipation, cognition
- Use with caution:
 - Narrow-angle glaucoma
 - Impaired gastric emptying
 - History of urinary retention
 - Decline in cognition
 - Blood pressure changes
 - Frailty

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Overactive Bladder (OAB) Medications

<p>Anticholinergic</p> <ul style="list-style-type: none"> • oxybutynin (Ditropan, Oxytrol) • tolterodine (Detrol) • solifenacin (VESicare) • fesoterodine (Toviaz) • darifenacin (Enablex) • trospium (Sanctura) 	<p>Beta-3 adrenergic agonist</p> <ul style="list-style-type: none"> • mirabegron (Myrbetriq) • vibegron (Gemtesa)
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Med Considerations

- Transdermal oxybutynin-Oxytrol
 - not associated with cognitive changes
 - OTC-local pharmacy, Amazon, etc.
- ER over IR
- Inadequate management
 - dose modification
 - different anti-muscarinic medication
 - β 3-adrenoceptor agonist
- Combination therapy
 - anti-muscarinic & β 3
- Manage SE before abandoning therapy
- Have a pulse on med costs

Pelican Health (Kay et al., 2012; Lighthner et al., 2019)

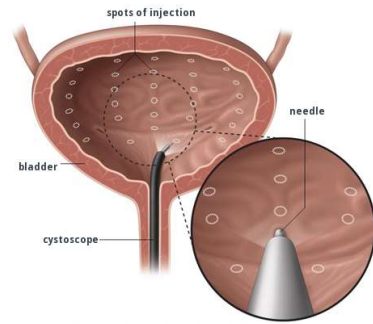
Third-Line Treatments

- Documented failed therapies
- Neuromodulation
 - Botox
 - Sacral Nerve Modulation (SNM)
 - Posterior Tibial Nerve Stimulation (PTNS)

Pelican Health (Gornley et al., 2014)

Botox

- Clinic vs. OR
- Able and willing to return for post-void residual
- Able and willing to perform self-catheterization if necessary



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(Gormley et al., 2014)

Sacral Neuromodulation

- Willing to undergo surgical procedures
- MRI compatible
- 10+ year battery



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PTNS

- Frequent appointments
- Minimally invasive
- Covered by Medicare and Medicaid
- Contraindicated with pacemakers



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(Gormley et al., 2014)

Recurrent UTIs

- Definition
 - Two or more occurrences within six months
 - Three or more UTIs within 12 months
- Risk factors
 - Spermicide use
 - New or multiple sex partners
 - Postmenopausal women

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Urine Culture

- Antibiotic stewardship
- Clean-catch urine sample
- Catheterized sample



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Prevention

- Drink 6-10 cups of fluid a day
- Wash the genital area with water only
- Prevent constipation
- D-mannose or cranberry tablets
- Theraworx topical OTC
- Methenamine (RX) or Cystex (OTC)
- **Vaginal estrogen**
 - Vaginal estrogen decreases UTI by 68%
- Low dose antibiotics (however, may become resistant)

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RUTI Take Aways

- Two or more symptoms?
- Pelvic examination
- Document positive urine cultures
- Test each symptomatic episode
- Cystoscopy/imaging not routine
- Asymptomatic Bacteriuria
 - do not check
 - do not treat (unless preop)
- Follow-up Evaluation
 - Test of cure urinalysis not recommended
 - Repeat urine cultures when symptomatic
- Non-Antibiotic Prophylaxis
 - Methenamine BID
- Antibiotic Prophylaxis
 - trimethoprim (TMP) 100mg PO daily
 - nitrofurantoin 50 mg PO daily
- Estrogen PV (Evidence Level: Grade B)

(Angier, et al., 2019; Bidler & Angier, 2022)

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Feels like a UTI...

- OAB?
- GSM?

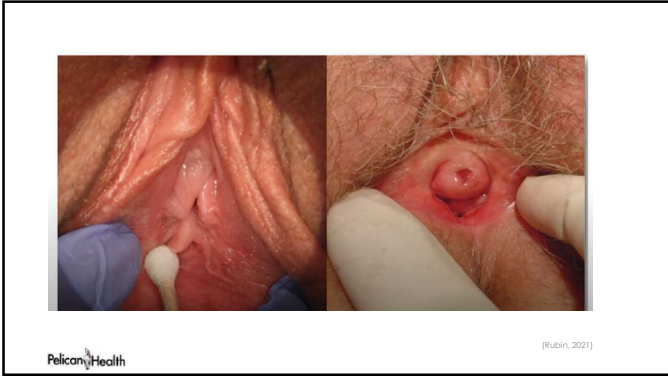
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Genitourinary Syndrome of Menopause (GSM)

- GSM replaces term vulvovaginal atrophy (VVA) 2013
- Progressive disease 50-80%
- Onset varies
- Symptoms
 - Urgency
 - Dysuria
 - Dryness
 - Itching
 - Post-coital bleeding
- GYN history
- Assessment
 - Decreased moisture
 - Decreased elasticity
 - Labia minora resorption
 - Decreased rugae
 - Tissue fragility/fissure
 - Urethral eversion
 - RUTI
- Treatments: <6% are treated!
 - Peri care
 - Moisturizers PV
 - Estrogen PV
 - Vaginal lasers


(Menopause, 2020)

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Vaginal Estrogen Options

- Prescription only
- Regulated by the FDA
- Options:
 - Cream (estradiol, conjugated)
 - Tablets (Vagifem, Yuvafem)
 - Capsules (Imvexxy)
 - Estring (every 3 months)



Pelican Health (Crandall et al., 2018)

Mislabeled Packaging?

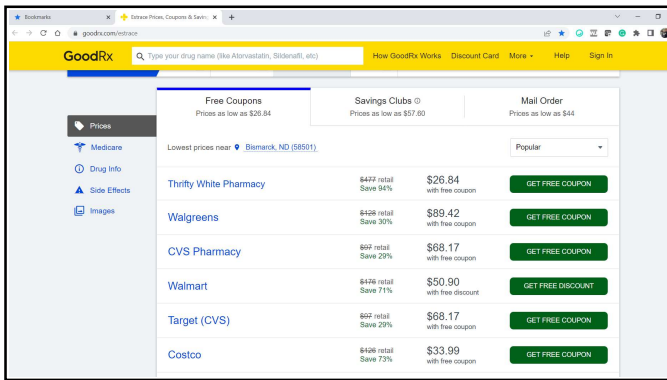
- Not a systemic estrogen
- Association of breast cancer is 0
- Vaginal estrogen for 1 year = 1 pill of oral estrogen
- Do not need to be on progestin to protect uterine lining

Pelican Health (Crandall et al., 2018)



Will not work if...

- Messy
- No refills
- Patient thinks you are trying to kill them!
- Expensive
 - Insurance
 - Compound
 - Mark Cuban
 - Goodrx






GoodRx

Free Coupons | Savings Clubs | Mail Order


Pharmacy	Retail Price	Price with Coupon	Discount
Thrifty White Pharmacy	\$427 retail	\$26.94 with free coupon	Save 94%
Walgreens	\$128 retail	\$89.42 with free coupon	Save 30%
CVS Pharmacy	\$92 retail	\$68.17 with free coupon	Save 26%
Walmart	\$416 retail	\$50.90 with free discount	Save 88%
Target (CVS)	\$92 retail	\$68.17 with free coupon	Save 26%
Costco	\$128 retail	\$33.99 with free coupon	Save 73%

Vaginal Estrogen How-To

- Make daily "skin" care plan
- Loading dose?
- Applicator?
- Peak effect
- Forever?
- Side effects
- Trouble shoot: goopy, irritation
- Follow Twitter Rachel S. Rubin MD @drachelrubin

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Do the best you can until you know better.
Then, when you know better...do better.

-Maya Angelou

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Do you know better?

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Alternative Treatments

Catheters

- Suprapubic versus transurethral
- Adverse risk/benefit balance
- Usually an inappropriate option

Surgery

- Augmentation cystoplasty
- Urinary diversion
- Last resort in selected patients

Containment

- Pads
- Disposable underwear
- Boosters

Pelican Health (Garvey et al., 2014)
