



Urinary Incontinence Treatment Network Newsletter
Summer 2004

Congratulations! The UITN SISTER study has reached the enrollment goal of 650 patients!

THE POWER OF ONE

By Shelly O'Meara at U Utah

The mind/body connection is a relatively new area of scientific exploration. Neuroscientists are currently studying the effects of alternative methods for healing the body. We know very little of the power of our minds' ability to heal and promote a feeling of wellness. What we do know is that there is a defined connection between our general physical health and how we think, act and feel.

The quest to find the link between our mind/body/health and wellness began in the 1970's. Many scientists and physicians were not supported in this quest by their peers for this new area of interest. It was thought to be a foolish waste of work. Over the past 30 years, much has since been discovered about the connection of mind/body.

There are many disciplines in the different cultures around the world for alternative healing. Therapeutic massage, aromatherapy, meditation, guided imagery, exercise and yoga are just a few of the many alternative methods of treatment available. The common thread to these treatments is that they all begin with the calming of the mind, evoking a feeling of "well being." Stilling the mind, becoming aware of what is around you is also a consistent common factor.

The power of positive thinking and believing is very real, and should never be minimized...

That is not to say that these alternative disciplines are a "cureall," or should be practiced without approved medical advice. The dramatic improvement in one's life takes place once the spirit and mind have been addressed, nurtured and treated.

Our world is moving fast, and amidst the chaos, we are trying to thrive, not just survive. We move so quickly through our lives, that sometimes we may forget to stop and "smell the roses..." We need to attend to the needs of our spirit, just as we tend to the needs of our family or careers. It should be made a daily priority. Just taking a few minutes

daily to just **be**, will help promote healthy habits, yours for the creating.

We as women are better caregivers to others than to ourselves. Now is the time for us to begin a new cycle of self-awareness and spiritual health. To begin to incorporate into our lives healthy ways of living, and take the time to enjoy with zest and vigor, who we are and the world we live in. Our mind is a very powerful tool.

With so many methods of alternative treatments available, it is important to choose a discipline that fits us as the individual we know we are, thereby increasing our own feeling of peace and personal awareness. It is not enough to exercise our bodies to be healthy; we must also exercise our minds.

UITN Study Info on the Web

www.uitn.net

NCCAM

By D. Lynn Kalinoski at UCSD

According to a new nationwide government survey, 36 percent of U.S. adults aged 18 years and over use some form of complementary and alternative medicine (CAM). CAM use was greater among a variety of population groups, including women. A further indication of our growing use and awareness of alternative medicine is reflected in attention at the national funding level.

The Office of Alternative Medicine created by Congress in 1972 has grown to become the National Center for Complementary and Alternative Medicine (NCCAM). Funding for research has grown as well from \$2 million in 1972 to \$117 million in 2004. NCCAM is a major source for information about alternative medical practices, research studies and clinical trials. They can be accessed via the web at www.nccam.nih.gov.

Other Incontinence Research Projects

PRIDE Study

By Sylvia Escobedo Sluder at UT San Antonio and
Azin Olyaie of UCSF

We are in a unique starting point with incontinence research, because much still needs to be understood about this condition. A group of researchers at the University of California, San Francisco (UCSF) want to try to prevent it through a weight reduction plan. They have received funding to implement the PRIDE study. Many thanks to Azin Olyaie of UCSF for providing the following article:

Urinary incontinence is a common problem among middle aged and older women, producing substantial distress and diminished quality of life, as well as dramatic limitations in daily functioning. Overweight women are at significantly greater risk of urinary incontinence, and initial data from preliminary studies suggest that weight reduction decreases frequency of urinary incontinence episodes. Thus, weight loss represents a promising new approach to urinary incontinence treatment. One likely to produce a cascade of broader health improvements, in addition to reductions in frequency of urinary incontinence.

PRIDE (Program to Reduce Incontinence by Diet and Exercise) is an exciting new research study to learn more about the effects of weight loss on urinary incontinence. About 330 overweight women aged 30 or older will participate in this randomized controlled trial. PRIDE is being conducted at two clinical centers: The Miriam Hospital/Brown Medical School and the University of Alabama. It is coordinated by the Women's Health Clinical Research Center at the University of California, San Francisco. 165 from each of two Clinical Centers will be randomized to either a 6-month intensive behavioral weight control program or to usual care (no weight reduction intervention) and followed for 18 months. Recruitment is expected to begin in the summer of 2004 and continue for two years.

Patient Experience at 24-Months

Submitted by a Patient at UCSD

It was about five years ago that I first noticed leakage when I coughed or sneezed. Initially the symptoms were annoying, but I could ignore the small

amount of leakage because I was a stay-at-home Mom. Then I developed a persistent cough that I thought was due to allergies. The more I coughed, the more I leaked. It went from annoying to embarrassing. From "can I find a bathroom," to "do I have time to make it home to change my clothes." It was time to look into doing something about this persistent problem.

I made an appointment with my primary care provider. I let my doctor know about my coughing and leaking, and I was referred to the Women's Pelvic Medicine Clinic at the University of California, San Diego. I called and made an appointment with Dr. Charles Nager.

Dr. Nager did a thorough examination, asked many questions about my life and health history. He clearly presented that there were surgical options available for the type of incontinence that I had.

I went home and thought about the options. Surgery is obviously a big choice for anyone. I was forty-nine at the time of this visit. Among the things I thought about was that my mother lived to be ninety. I could well live to be ninety, too! I didn't want to live with wetting myself for forty years.

I phoned the Women's Pelvic Medicine Clinic to make an appointment with Dr. Nager to discuss surgical options. He explained to me that UCSD was now part of a large study on stress urinary incontinence in women. He asked if I would like to participate in the study. I agreed, and I was introduced to the Study Coordinator who asked me a lot of questions about my family, health and history.

Prior to the surgery, I had my pre-op appointment. Because of my history, the anesthesiologist had asked for an EKG before surgery. While I was being worked up for the EKG, my nurse noticed my coughing. She commented that the cough was symptomatic of acid reflux. It proved to be true, so I feel I got two cures for the price of one.

I have been dry for two years now. It is great being able to go out in public without the anxiety, or need to worry about going home to change my clothes.

Being technically a lab rat has been rewarding, too. I believe I am doing something that is reaching beyond myself. Plus I have never been in another doctor's office where I felt so much a part of the family, where I got to know the staff and feel like they know me as an individual as well. I would have never believed prior to this experience that my favorite doctor would be my Urologist.

Patient Quotes

I am able to get back on the trampoline with my kids again!
Patient at UT San Antonio

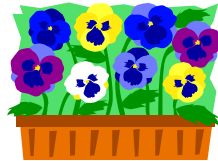
I'm enjoying riding in my Hummer and no more leakage!
Patient at U. Pittsburgh

I'm very pleased with the results of my surgery-- and I can wear big girl pants again!
Patient at U. Pittsburgh

I can line dance again and not leave a trail behind me!
Patient at U. Pittsburgh

When I laugh, I squat just because I can!
Patient at U. Utah

This surgery has been the most wonderful thing in my life. Since my retirement, I've been given the opportunity to travel, and because of the surgery, now I can. Believe me, I am taking all the opportunities!"
Patient at UCSD



We would like to know what you would like to see in your newsletter!!!

Please write your ideas for the UITN Newsletter, and mail this card to Kathleen Cannon, NERI, 9 Galen Street, Watertown, MA 02472

In order to protect your privacy as a research participant, please **do not** include your name or address on this card

For more information about this study, please call the office nearest to you.

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