
CASE DISCUSSIONS

CASE #1

Mrs. V.M.

- 44 year old female GTPAL 44004 referred by her family doctor with urinary incontinence.
- What questions would assist you in making a diagnosis?
- 6 year history of progressive urinary loss with cough, laugh, sneezing and exercise.
- Now needs pads.
- Interfering with life.
- Normal urinary frequency.
- Loss of small volumes only.
- No recent urinary tract infections.
- Large babies delivered vaginally, first required forceps and had associated tears.
- UI worsened after last delivery.
- Has a sensation of pelvic pressure.
- Still menstruating regularly.
- No associated bowel symptoms or weight changes.

Interested in your advice—has heard about “pelvic exercises”.