

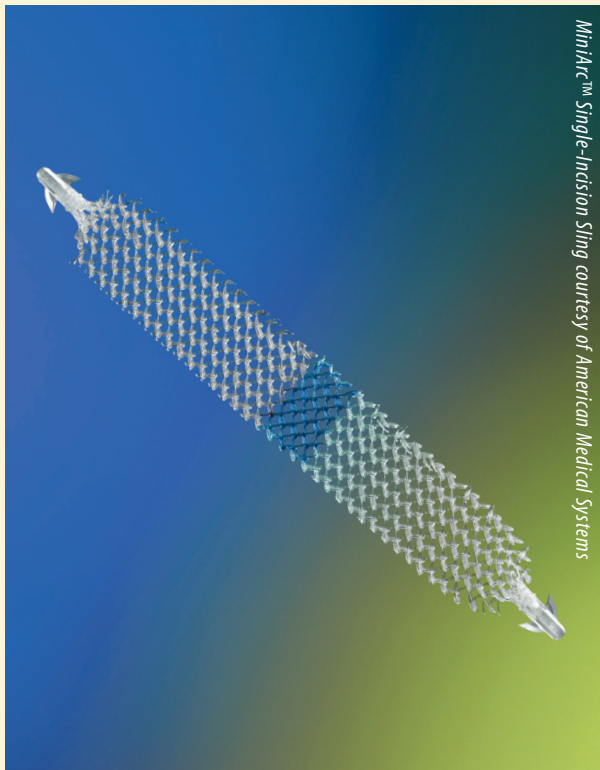
# Explore Health

WITH  SENTARA®

## Medical Breakthroughs at Sentara

### Urinary Incontinence In Women Single-Incision Mesh For Minimally Invasive Repair

Sentara urology specialists are using a small surgical incision and a polypropylene mesh sling to support internal structures and restore continence for women (and men).



MiniArc™ Single-Incision Sling courtesy of American Medical Systems

Urinary incontinence, the accidental leakage of urine, is not an easy topic to talk about. For the millions of women who are limiting their daily activities because of incontinence, it's a discussion well-worth having.<sup>1</sup>

Pregnancy, childbirth, trauma, prior surgery, certain medical conditions and even hormonal changes can weaken bladder and urethra muscles and cause them to slip from their normal position. The mesh sling supports the weakened muscles and restores the ability to work properly and prevent urine leakage.

Minimally invasive surgical techniques combined with a new, one-incision mesh sling are making it easier for women to cure, or at least improve, their incontinence issue.

#### Short Outpatient Procedure

Under a local anesthesia, the mesh sling is placed through a small incision in the vagina and placed under the urethra to provide support to the surrounding muscles. Self-fixating tips are attached to the muscle around the urethra to hold the mesh in place, without any suturing.

Most women are continent and return home just a few hours after surgery. Some activity restrictions allow time for the mesh tips to develop a firm attachment to the muscle.

The procedure takes less than half an hour.

#### Pelvic Prolapse

Frequently women will have pelvic prolapse in addition to urinary incontinence. Often the surgeon is able to repair both issues during the same procedure, using a slightly different mesh for pelvic prolapse that is placed between the bladder and anterior wall of the vagina to provide support.

There are different types and causes of urinary incontinence and surgery is only one of many treatment options. Talk to your doctor, visit [sentara.com/urologyspecialists](http://www.sentara.com/urologyspecialists) or call 1-800-SENTARA.

<sup>1</sup><http://kidney.niddk.nih.gov/kudiseases/pubs/uiwomen/index.htm>

## Incontinence In Men

OnDemand webcast: "The Male Sling"  
[www.sentara.com/urologyspecialists](http://www.sentara.com/urologyspecialists)

**Attention  
Visitors  
And Families To  
Hampton Roads  
Area Hospitals**

**Please help us  
protect our patients  
and staff.**



#### During this flu season:

- Vaccinate against seasonal and H1N1 flu.
- Practice good hand hygiene.

Sign up for *FluNews* updates at [sentara.com](http://www.sentara.com)



## Weight-Loss Surgery At Sentara

Register for a free weight-loss seminar, visit a support group and watch an **OnDemand Weight-Loss Surgery Webcast** All at [www.sentara.com/weightlosssurgery](http://www.sentara.com/weightlosssurgery)

## The Journey Beyond The Diagnosis: Finding Your Path To Cancer Survivorship



### Stress Management Learning to Relax and Experience the Present Moment

Tuesday, November 17, 6-7:30 pm  
Sentara CarePlex Hospital  
Register at 1-800-736-8272.



## Watch A Live Surgery Webcast

**Wednesday, November 4\***

### Aortic Aneurysm Endovascular Repair

Minimally invasive surgery to repair a bulge (aneurysm) in the aorta

Often without symptoms, if undetected, aortic aneurysms can burst and cause sudden death.

Email and Twitter questions answered live during the webcast

[www.sentara.com/explorehealth](http://www.sentara.com/explorehealth) for webcast email reminder and details

\*OnDemand webcast available after November 4

## HEALTHY HAPPENINGS

### Advanced Fibroid Treatment Options

Guest speaker Dr. Mark Cockerill  
**Thursday, October 29**  
6:30 – 8 pm  
Sentara Virginia Beach General Hospital Health Education Center  
Free. To register call 1-866-202-0731.

### Sentara Living Veterans Benefits What You Deserve To Know

**Wednesday, November 4**  
10 – 11:30 am  
Sentara Bayside Hospital  
Free. Register at 1-800-736-8272.

### Sentara Living Showcasing Services and Cookie Exchange

Bring two dozen cookies; take home two dozen  
**Monday, November 9**  
10 am – Noon  
1400 Ewell Road  
Virginia Beach  
Free. More information at 1-800-SENTARA.

### Stem Cell Transplant Support Group

**Tuesday, November 10**  
6:30 – 8:30 pm  
5900 Lake Wright Drive, Norfolk  
Free. More information at 757-459-9219.

### Fall Open House for Programs and Courses

Sentara College of Health Sciences  
**Saturday, November 14**  
9 am  
Main campus in Chesapeake  
Visit [www.sentara.edu](http://www.sentara.edu) to register or call 757-388-2623.

### Hereditary Breast & Ovarian Cancer Resource Group

How to discuss risk with children, grandchildren and extended family  
**Thursday, November 5**  
6 – 8 pm  
5900 Lake Wright Drive, Norfolk  
Free. More information at 757-466-8683.