

## PRP and Urge Incontinence in Women

You might find a sneeze or cough often results in damp underwear. Or, while searching your handbag for your front door key, you have a sudden urge to pee. Don't worry – you're not alone. Many women experience moments like these. And while **mild urinary incontinence** can be especially common during the menopause and in women who've given birth, it can affect anyone.

Recently, we introduced Platelet Rich Plasma Therapy into our clinic. It's a nonsurgical treatment that's already proved highly effective in treating and improving female incontinence.

Women – sometimes very young women – who have to wear pads to the gym because they leak. This has a huge impact on their daily lives. PRP regenerates the tissues around the urethra, and causes a bulking effect. So it helps stop urinary leakage.

If you experience mild urinary leaks, you may feel embarrassed and uncomfortable talking about it. This can make you feel like you're the only person this is happening to. We want you to feel free from shame and worry around urinary incontinence. That's why we're dedicated to offering simple yet effective ways to treat and manage it.

### What is Platelet Rich Plasma Therapy?

Platelet Rich Plasma Therapy uses cells taken from a patient's blood on the day of treatment, to rejuvenate vaginal and vulval tissues. Platelet-rich plasma is injected around the opening of the urethra, to help treat women who experience stress incontinence and urge incontinence. It can also help with many other conditions, particularly those affecting the **vulva and vagina**.

### How can I be sure that Platelet Rich Plasma Therapy will help me with my stress urinary incontinence?

Making an appointment is the best way to explore a treatment plan for your needs.

There are also some other treatments that work well when used together, as a way of optimising the long-term management and improvement in women who experience urinary incontinence.