



Health **Help**

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// Why do I leak urine when I sneeze and what can I do about it?

Women who suffer from stress urinary incontinence (SUI) – incontinence linked to stress as a result of increased pressure on the bladder – are unable to avoid leakage of urine when coughing, sneezing, laughing and doing certain exercises such as running or jumping. Severe cases of SUI can even cause leakage with simple movements like standing up from a sitting position.

As women age, especially after menopause, we experience a drop in oestrogen levels. This, in turn, leads to a weak pelvic floor and thinner vaginal walls, which increases the risk of yeast infection and urinary tract infections, and issues such as urinary incontinence (UI) – the involuntary loss of urine.

Of course, SUI is both embarrassing and inconvenient, and can significantly affect your quality of life. The good news is, you don't have to put up with this type of condition that keeps you from living your life to the fullest. There are treatment options available, including kegel exercises, and surgical options such as midurethral tapes and bulking agent injections.

The FOTONA Laser procedure is a minimally invasive method that uses thermal energy to remodel vaginal wall tissue and restore normal continence function. The procedure is pain-free, and usually requires two to three 20-to-30-minute sessions done at monthly intervals.

