

## Integrated HealthCare for Urinary Incontinence

**Do you feel embarrassed with urinary incontinence and isolated your social life?**

Vincent Shu, MD



Urinary incontinence is the unintentional loss of urine. Stress incontinence happens when physical movement or activity — such as coughing, sneezing, running or heavy lifting — puts pressure (stress) on your bladder.

Stress incontinence differs from urge incontinence, which is the unintentional loss of urine caused by the bladder muscle contracting ( over-reactive bladder), usually associated with a sense of urgency. Stress incontinence is much more common in women than men.

You may have been taking a variety of medications for urinary incontinence such as Oxybutynin Chloride ( Ditropan and Lyrinel XL), Darifenacin ( Enablex ), or solifenacin (VESICARE) for incontinence from which you may have been troubled with adverse side effects.

If you have stress and/or urge incontinence, you may feel embarrassed, isolate yourself, or limit your work and social life. Our Integrative Medicine Clinic has implemented simplified electrical acupuncture protocol to empowering to help you get back on the path of being normal.

Dan-Tien Breathing, known as "deep-low belly" breathing is a breathing technique associated with yoga and qigong/Tai-Chi. It is a reverse breathing which is believed to activate healing. With regular practice, this breathing exercise can strengthen the pelvic floor muscles, raising pelvic floor which tightens the urethra sphincter with resultant improvement of incontinence.

In conjunction with acupuncture, Dan-Tien Breathing would also be implemented for a synergistic effect. With acupuncture treatment and Dan-Tien Breathing, you'll likely be able to manage incontinence and improve your overall well-being, regain and enjoy your social life.

To learn more about what, why and how acupuncture and Dan-Tien Breathing can help you, call an appointment at 376-2564 for an initial free consultation. 97 Yellow Brick Road, Eastsound.