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Local Woman Rises Above Her Embarrassment, Finds Help for Common, Debilitating Problem

DAYTON – Linda, age 57, is a manager for a nationally-known company. She is a well-adjusted, competent individual who enjoys her job as well as recreation time spent hiking, camping and laughing with family. Until recently, though, none of these activities could be done without Linda feeling some insecurity.

She had a problem that would interfere with activities every single day. It led to depression and feelings of isolation, as there were times when she felt like the only person on Earth with her particular problem. But now the clouds have parted for Linda and she realizes there are many thousands of other people who have suffered from her very same issue.

The issue is urinary incontinence, and Linda found resolution with Marc Ashby, MD, and the Pelvic Control Center in Washington Township. “Nobody wants to talk about it because people feel alone like they are the only one who has ever gone through this,” said Dr. Ashby, urogynecologist. “The truth is, though, this is something that could affect as many as 400,000 women in our western Ohio service area. It is very common and very treatable.”

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“I had problems for years, and they just kept getting more severe,” Linda said. “It was especially bad if I had a cold and a very bad cough, and I would have to make preparations for that. There were many embarrassing situations at work, and it was always difficult in a family gathering when a bunch of us were laughing and I could not control my bladder.”

Medication did nothing but bring the side effects of dry mouth, headaches and urinary tract infections. Therapy also failed to resolve the problem, and soon it was clear that she would need surgery to help her regain the control she had when she was younger. Dr. Ashby placed a trans melator (sp?) sling at Southview Medical Center to restore function for Linda.

“It’s kind of funny that I was anxious to sneeze or cough after surgery to test things out, and it was probably two days before I did,” Linda said. “I am so happy. There was no control before. . . now there is no problem. We are talking about taking a camping trip in the fall, and I can’t wait to go shopping for it.”

“I feel so much better about this and about myself,” Linda added. “I thought I was the only one. Since then, though, I have spoken with many others who suffer from bladder control issues. It is really common and nothing to be ashamed about, but I am so glad I found the help I needed. It was as close to pain free as surgery gets, and my life is so much better now.”