



## WHA SANTA MONICA: NEWSLETTER

### NEW TREATMENT FOR MORNING SICKNESS

Morning Sickness, or Nausea and Vomiting of Pregnancy affects up to 85% of all pregnant women. Symptoms often begin between weeks 4-6, and generally consist of nausea, and vomiting that can occur at any time of the day or night.

Morning Sickness is thought to be due to the hormonal changes caused by pregnancy including hcg, rising progesterone, and an increased sensitivity to smell.

Non-medication treatment options include: eating **small frequent meals**, avoiding lying down after eating, wearing sea-sickness pressure point bands, avoiding spicy foods, and taking **ginger** as teas or candies.

**Vitamin B6** taken three times a day can also help curb symptoms for many women.

**Diclegis** ([www.diclegis.com](http://www.diclegis.com)) is a new medication that combines Vitamin B6 (pyridoxine) and doxylamine (an antihistamine) that can be taken up to three times a day to help with nausea and vomiting of pregnancy. It is the first Category A medication for this use in the United States.



DR. LILLIAN MORRIS, DR. DORON BLUMENFELD, DR. OLIVIA CROOKES AND DR. PAULA SHULMAN

Other medications that can be used for morning sickness include Zofran, Reglan or Compazine.

***If your nausea and vomiting is not controlled with behavioral and dietary changes, and oral medications, please let us know, as you may need more aggressive treatment.***



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### OPTIONS FOR STRESS URINARY INCONTINENCE

Urinary incontinence is the accidental leakage of urine. **Stress incontinence** occurs when pressure is exerted on the bladder that exceeds the bladder's capacity to hold the urine – sneeze, cough, jump, or run.

Stress incontinence is the most common form of incontinence in women – affecting up to 1 in 3 women in their lifetime.

Treatment options include Kegel exercises, pessaries, and surgical repair/support of the urethra (the bladder neck).

Kegel exercises involve tightening the muscles of the pelvic floor, providing more support for the bladder during activities that increase abdominal pressure.

Pessaries are intravaginal support devices that are often used for pelvic organ prolapse, or weakening of the ligaments that hold the uterus, bladder and rectum in their normal place.

Bladder suspension surgery involves the placement of a small support device, or “hammock” under the bladder neck to provide extra support for the urethra. This is generally an outpatient procedure, but can sometimes be performed at the same time as a hysterectomy.

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The work-up for stress incontinence involves Urodynamics—a procedure to measure the pressure inside the bladder and vagina during different scenarios. Urodynamics can be performed right here at Women's Healthcare Associates by Dr. Blumenfeld.

Let us know if you are having trouble with leaking urine. There is so much that we can do to help!