

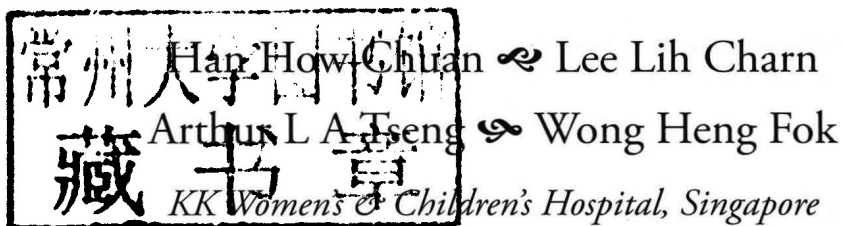
UROGYNAECOLOGY AND YOU

A Handbook for Women with
Bladder Disorders, Womb and Vaginal Prolapse

Han How Chuan & Lee Lih Charn
Arthur L A Tseng & Wong Heng Fok

UROGYNAECOLOGY AND YOU

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Bladder Disorders, Womb and Vaginal Prolapse



KK Women's and
Children's Hospital
SingHealth

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UROGYNAECOLOGY AND YOU

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Bladder Disorders, Womb and Vaginal Prolapse

To our loved ones, friends and colleagues who support and
inspire us to greater heights.

Preface

At the beginning of our journey, on 1st April 1990, Kandang Kerbau Hospital (KKH) planted the seed with the start of urogynaecological services. Over the years, this has grown into the present Department of Urogynaecology — a full-fledged and independent department.

Our passion has been to do our very best for our patients, in treating problems like recurrent urinary tract infections, overactive bladder syndrome, stress urinary incontinence, pelvic organ prolapse, painful bladder syndrome, and other urogynaecological problems. To this extent, we have seen our patient numbers increased from a few hundreds in 1990 to more than 12,000 as of 2009.

Advancement in science and medical technology, coupled with improved awareness has resulted in a greater willingness to inquire and explore issues. No longer are patients willing to accept that they must take a prescribed drug to control their problem, or have a particular surgery to cure their medical condition. Modern society has equipped patients with enquiring minds that ask: “Why do I need this medicine, or this particular surgery?” Patients want to be informed on the likelihood of success or improvement for the treatment or surgery they are recommended to take or undergo, and

whether there are any complications or side effects. It is with this in mind that we have set out to publish a book that addresses these questions.

We hope that this easy-to-use, concise, yet informative book will help patients understand the common urogynaecological conditions and highlight to them the possible treatment options.

We are truly grateful to all the contributors of this book especially Dr LC Lee and Dr Arthur Tseng who spent much time and effort researching and writing the chapters. We would also like to thank our spouses and families for their support and understanding enabling us to focus in the preparation of this book.

We sincerely thank World Scientific Publishing Co. Ltd. and KK Women's & Children's Hospital for their support during the long process of producing this book and Ms Judy Wong for her dedication and help in liaising between all parties to make this book a reality.

To all our patients who have passed through our doors, and left with a better quality of life and happier hearts, we hereby express our deepest gratitude, appreciation and thanks for your loyal patronage.

We wish you and your family the very best of health always!

Adjunct A/Prof. William Han How Chuan
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About the Authors

A/Prof Han How Chuan is a brilliant doctor and surgeon who has pioneered many innovative urogynaecological procedures such as Tension-free Vaginal Tape (TVT), Tension-free Vaginal Tape — Transobturator (TVT-O), and Prolift System in Singapore. He is also a tireless leader who heads the Department of Urogynaecology since 1999. Under his leadership, the Department has flourished in leaps and bounds and the KK Urogynaecology Centre (the first Urogynaecology Centre in the Asia Pacific region) opened its doors on 28 November 2001. A/Prof Han received urogynaecology subspecialty training at St. George's Hospital, United Kingdom in December 1996. He has lectured and published extensively on many urogynaecological conditions. A/Prof Han is a clinical senior lecturer with the NUS Yong Loo Lin School of Medicine and Adjunct Associate Professor of the Duke-NUS Graduate Medical School since August 2008. He is presently Chairman, Section of Urogynaecology, College of Obstetricians & Gynaecologists.



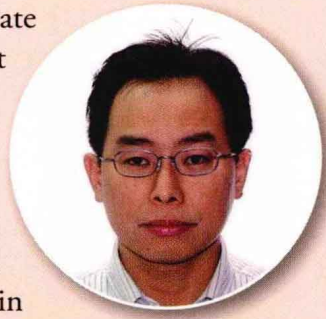


Dr Arthur Tseng is a consultant obstetrician and gynaecologist at KK Women's & Children's Hospital, and has been working there since 1997. Dr Tseng graduated in 1996 from Sheffield University and completed his postgraduate studies in 2002. He received further subspecialty training under Professor Linda Cardozo at King's College Hospital, London in 2006. He is actively involved in teaching the Yong Yoo Lin undergraduate medical students and the Duke-NUS postgraduate medical students. Dr Tseng is a frequent contributor of newspaper articles pertaining to women's health issues. He is frequently invited to speak at public forums on urogynaecological issues. Dr Tseng also serves as Honorary Treasurer of The Obstetrical & Gynaecological Society of Singapore and is regarded as an expert in his field by his peers.



Dr Lee Lih Charn is a senior consultant obstetrician and gynaecologist who has worked in KK Women's & Children's Hospital since 1994. She is Head of the Ambulatory and Urodynamics Unit, Department of Urogynaecology. Dr Lee underwent subspecialty training in urogynaecology at St. Vincent's Hospital, Sydney, Australia, in 2000. Her special interests are in patients with urinary incontinence and painful bladder syndrome. Dr Lee has been a clinical senior lecturer with the NUS Yong Loo Lin School of Medicine and Adjunct Assistant Professor of the Duke-NUS Graduate Medical School since August 2008. She has contributed numerous articles to local and international journals on urogynaecology.

Dr Wong Heng Fok is an associate consultant, obstetrician and gynaecologist in KK Women's & Children's Hospital. He has his subspecialty training in urogynaecology at the Royal Women's Hospital, Melbourne, Australia. He has been invited to speak at several public forums and has written articles in international journals on urogynaecology. He is a clinical tutor with the Duke-NUS Graduate Medical School since 2006 and an Adjunct Instructor of the Duke-NUS Graduate Medical School since August 2008.



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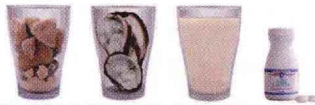
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Rectum	The end portion of the large intestine, extending from the sigmoid colon to the anal canal
Recurrent	Occurring again or repeatedly
Residual	Remaining in an organ or part following normal discharge or expulsion
Retention	The state or action of keeping a fluid or secretion in a body cavity
Sacrum	A triangular bone made up of five fused bones and forming the posterior section of the pelvis
Saline	An isotonic solution of sodium chloride and distilled water
Stricture	An abnormal contraction of any passage or duct of the body
Suprapubic	Above the pubic bone
TED	Thrombo-embolic deterrent (stockings), a method of preventing blood clots from developing in the calf muscle veins
Ulcer	A break in the skin
Urethra	The muscular tube that extends from the urinary bladder to the exterior of the body
Urgency	Sudden and overwhelming need to pass urine that is difficult to defer
Urotoxins	Noxious substances that cause irritation or damage to the urinary tract system
UTI	Urinary tract infection
Voiding	The act of emptying the bladder

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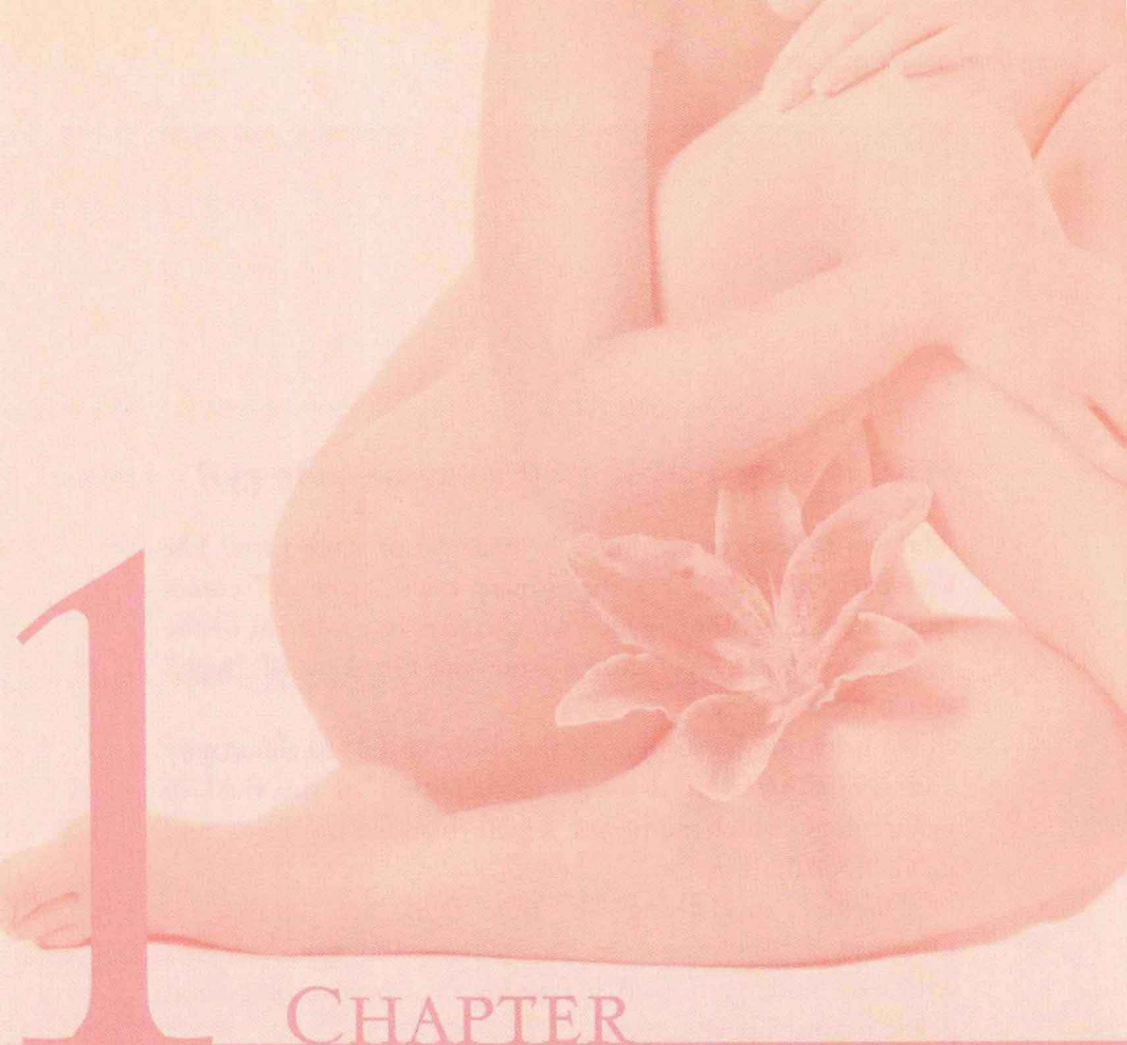
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CHAPTER

Introduction to Urogynaecology