

# Nonsurgical options for stress urinary incontinence

In the article, “Nonsurgical treatments for patients with urinary incontinence” (*OBG Manag.* September 2022;34:36-42.), the authors, Ashley J. Murillo, MD, and Halina M. Zyczynski, MD, discuss the successful nonsurgical management of urge urinary incontinence, stress urinary incontinence, and mixed urinary incontinence, presenting the case of a 39-year-old woman with urine leakage during exercise. As a follow-up for readers, OBG MANAGEMENT posted a quiz question asking, “Which of the following is a nonsurgical treatment for stress urinary incontinence?”



## Poll results

A total of 129 readers cast their vote:

- 50.4% (65 readers)** said bladder retraining
- 36.4% (47 readers)** said periurethral bulking
- 13.2% (17 readers)** said antimuscarinic agents

The correct answer was **periurethral bulking**, as bladder retraining and antimuscarinic agents, according to TABLE 1 in Murillo and Zyczynski’s article, are appropriate for managing urge urinary incontinence.

