

## PRESS RELEASE

21 June 2010

### SCARLESS SURGERY FOR DRY DAYS – INTRODUCING THE SCARLESS TRANSVAGINAL SURGERY FOR MINIARC TAPE INSERTION

Approximately 30 to 40 per cent of women worldwide suffer from incontinence, which can happen when straining occurs during daily actions such as coughing, sneezing, laughing, carrying heavy loads, skipping, jumping, brisk walking, and sometimes even standing. Risk factors include pregnancy, childbirth, ageing, menopause, manual labour and obesity.

While some do not have to undergo surgery, others have to resort to special procedures to reduce leaky situations.

Surgical approach and results have improved over the past fifty years, from a long incision (similar to that of a Caesarean section), to one that required three smaller incisions.

“Today, with the **Scarless Tansvagal Surgery for Miniarc tape insertion**, we’re able to achieve equivalent results with a **single** vagina incision and **no** skin incisions”, explains Dr Siow Woei Yun, Specialist in Urology, Raffles Hospital.

With this improved surgical method, complications like bleeding, bladder injury, bowel injury, urinary retention, and overactive bladder are reduced or even removed. The length of tape that is inserted is significantly halved, and this reduces the risk of non-healing, infection and tape erosions.

Dr Siow further adds, “Non-surgical treatment such as the pelvic floor exercise may improve symptoms by 30 to 60 per cent, but cure is rare. Surgery, with an 80 to 90 per cent cure rate, is often the main curative option for stress urinary incontinence.

Dr. Siow, regional trainer for the Miniarc tape insertion, is also **the first and only surgeon** to perform this operation in South-East Asia. Short-term results reveal 100% improvement and cure rates with the first cohort of four patients over the past five months.

The men are not left out too. Those who develop male stress incontinence, usually after surgery for prostate cancer or benign hyperplasia can now turn to a new treatment, a new urethral sling which is an improvement over the previous use of an artificial urinary sphincter.

The new sling also costs almost half that of a sphincter.

Dr Lim Kok Bin, Specialist in Urology of Raffles Hospital discloses, "The disadvantage of the artificial urinary sphincter is the risk of infection which would require complete removal of the device and the possibility of mechanical failure. The male urethral sling is thus a more appropriate option for those with mild to moderate incontinence."

The new minimally invasive procedure involves passing a thin strip of polypropylene mesh between incisions on the inner thighs, deep beneath the bottom of the urethra to increase support in the area where the tissue is weakened.

### **OPENING OF URORENAL CENTRE**

Raffles Hospital is pleased to announce the opening of Singapore's first UroRenal Centre. The new centre brings together the expertise of specialists from Urology and Renal Medicine.

Located on the 2<sup>nd</sup> floor of the tertiary hospital, the Centre provides a one-stop service for all consultations and treatments relating to the kidney, bladder, urinary tract and the male reproductive system, a first in Singapore.

Common health issues include urinary incontinence, kidney diseases including kidney stones and hypertension, kidney dialysis, urinary tract infections, prostate diseases, men's sexual health, and cancers.

To celebrate the opening of Singapore's very first UroRenal Centre, the hospital is offering three promotional screening packages.

- **Prostate Screening @ \$299.60** (Usual price: \$404.50)
- **Women Bladder Screening @ \$214** (Usual price: \$326.40)
- **Men's Vitality Screening @ \$250** (Usual price: \$357.40)

For appointments, please call our 24-Hour hotline at **6311 1222**. For more information on the promotion, please call the clinic at 6311 2100. Packages are valid till end 31 July 2010. All prices include GST.

For more information, please contact:

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## FACT SHEET

### Medical Team in Raffles UroRenal Centre

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#### Renal physicians

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