



Dr. Uzma Chaudhry

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Or maybe you sneezed and suddenly wished you'd worn black pants? If so, you're definitely not alone — and no, it's not just something that happens to “older ladies.” Bladder leaks can surprise women of **ALL** ages, but luckily, medicine has caught up with our laughs, coughs, and workouts.

Bladder leaks are common, but that doesn't mean you have to just “put up with them.” From simple pelvic floor exercises to quick, non-surgical treatments, there are many ways to regain control and confidence.

### Understanding Types of Urinary Incontinence

#### 1. Stress Incontinence

Leakage occurs when pressure is placed on the bladder, such as during:

- Coughing
- Sneezing
- Laughing
- Exercising
- Lifting heavy objects

It is often caused by weakened pelvic floor muscles or urethral support, common after childbirth or aging.

#### 2. Urge Incontinence

Also known as overactive bladder (OAB), this is leakage associated with a sudden, intense urge to urinate that is difficult to control.

Symptoms include:

- Frequent urination
- Sudden urgency
- Leakage before reaching the bathroom

This is often due to involuntary bladder muscle contractions.

#### 3. Mixed Incontinence

Mixed incontinence is when a person experiences both stress and urge incontinence. For example, you may leak with coughing (stress) but also feel sudden, uncontrollable urges (urge).

### There Are Options for Incontinence

Advances in women's health and aesthetic medicine have introduced a variety of minimally invasive treatments designed to improve comfort, confidence, and quality of life. Two commonly discussed options are ThermiVa® and Bulkamid®, which specifically target concerns

related to vaginal health and urinary incontinence. In addition to these medical treatments, even something as simple as pelvic floor exercises can play a powerful role in strengthening bladder support and reducing leaks — proving that there are multiple ways to take back control and improve everyday wellness.

#### ThermiVa®

ThermiVa® is a non-surgical vaginal rejuvenation treatment that uses radiofrequency energy to gently heat tissue. This controlled heating stimulates collagen production and improves circulation.

#### Benefits may include:

- Improved vaginal laxity (tightness)
- Increased natural moisture and comfort
- Enhanced sexual satisfaction
- Reduction in mild urinary leakage

The procedure is performed in-office, requires no anesthesia, and has little to no downtime.

#### Bulkamid®

Bulkamid® is an injectable treatment specifically used for stress urinary incontinence (SUI). It involves placing a soft, water-based gel into the urethral wall to “bulk” the area, helping the urethra more effectively during activities that cause leakage. It is a quick, minimally invasive outpatient procedure that requires no incisions or general anesthesia.

#### Benefits may include:

- Immediate improvement in bladder control for many patients
- Long-lasting results, though additional injections may sometimes be needed

Bulkamid® is recognized as a medical therapy; it is usually covered 100% by insurance, depending on your specific plan and benefits. Dr. Chaudhry's office can verify coverage with your insurance company before treatment is scheduled.

ThermiVa®, on the other hand, is considered an elective, non-surgical procedure for incontinence as well as vaginal rejuvenation. This is not covered by insurance. Patients who choose ThermiVa® would need to pay out of pocket.

#### Other Thermi® Services at Dr. Chaudhry's Office

In addition to ThermiVa®, Dr. Chaudhry's office also offers ThermiSmooth® and ThermiTight®.

**ThermiSmooth®** is a non-invasive skin treatment that also uses radiofrequency energy, but it is designed for surface-level skin concerns.

#### Benefits may include:

- Smoother skin texture
- Reduction of fine lines and wrinkles
- Improved skin elasticity around delicate areas (such as around the eyes or mouth)

This option is popular for patients looking for a gentle, no-downtime approach to skin rejuvenation.

#### ThermiTight® is a **minimally**

**invasive** procedure for more significant tissue tightening. A small probe delivers radiofrequency energy under the skin to stimulate deeper collagen remodeling.

#### Benefits may include:

- Noticeable skin tightening in the face, neck, arms, abdomen, or thighs
- Long-lasting results compared to non-invasive options
- Improvement in skin laxity without the need for surgical lifting
- Downtime is minimal but slightly longer than ThermiSmooth® or ThermiVa®

Dr. Chaudhry and her team understand that conditions such as incontinence or intimate health concerns reach far beyond physical symptoms; they can impact your confidence, relationships, comfort, and overall quality of life. These challenges can make everyday activities, from laughing with friends to exercising or

even simply leaving the house, feel stressful and uncertain. Recognizing how personal and sensitive these issues are, Dr. Chaudhry approaches each patient with compassion, respect, and a focus on restoring not just health but peace of mind.

Her commitment goes beyond treating symptoms. By offering safe, evidence-based, and effective therapies, Dr. Chaudhry's goal is to help preserve your independence, dignity, and emotional well-being. Every treatment plan is tailored to your individual needs, ensuring that you feel heard, supported, and empowered every step of the way.

You don't have to live with incontinence or accept the daily limitations it can bring. Modern therapies such as **ThermiVa®**, **Bulkamid®** and other anti-incontinence procedures along with simple measures like pelvic floor strengthening, provide real and lasting solutions.

Imagine the freedom of no longer needing to know where every bathroom is before you leave the house or the comfort of taking a long car ride without fear of sudden leakage. Dr. Chaudhry looks forward to walking alongside you on this journey — guiding you through each stage with empathy and expertise. Her mission is to help you regain the freedom to laugh, sneeze, run, and live your life without worry, so you can fully embrace each moment with confidence and joy.



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