

HEALTH

New drug may help women with stress urinary incontinence

Special to Sentinel-Voice

HOUSTON—A new study will determine if the drug, duloxetine, will significantly improve, or stop stress urinary incontinence in women.

Women suffering from stress urinary incontinence leak urine when they cough, sneeze, strain, laugh, or exercise.

It is caused by damage to the pelvic floor muscles resulting from vaginal childbirth.

Ninety percent of women who have stress urinary incontinence have had one or more vaginal deliveries.

"This is a major health problem in the U.S.," said Dr. Paul M. Fine, chief for the section of urogynecology at Baylor College of Medicine in Houston.

"Twenty-five to 30 percent of women over age 40 report at least one episode of stress urinary incontinence at least once a week."

The six-month study will involve some 550 women, ages 18 to 65, for 50 medical institutions throughout the U.S., including Baylor.

They will undergo a thorough examination

of their stress urinary incontinence. Some women will be given a duloxetine pill twice daily, while others will receive a placebo.

"Many women are reluctant to seek treatment because of embarrassment," said Fine, one of the study's principal investigators.

"Many refrain from normal activities and exercise, and gradually become more reclusive, letting their bladders run their lives."

One of the things women need to stay healthy, especially post-menopausal women who tend to lose calcium out of their bones, is exercise.

Walking, jogging, weight training and other forms of exercise are necessary for women to maintain strong bones, and prevent things like heart disease.

This is why it is important to seek treatment, and get the urinary incontinence under control."

"Duloxetine has been successfully used in other studies," said Fine. "We hope this study will prove that the drug works in stopping or controlling stress urinary incontinence and brings relief to thousands of women who deal with this problem everyday."



LV Sentinel-Voice photo by John Broussard

Choir members, left to right, Mary Armstrong, Lily Cooper, Keana Howard, Shelia Parks and Gloria Rhynes from the Nellis Air Force Base Gospel group rejoice in song for Dr. Martin Luther King Jr. at Borders Bookstore on Monday.

Awareness

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Approximately 55 percent of the women who test positive for the HIV virus are Black.

"I'm not an expert on MLK Jr. or AIDS, (but I know that) AIDS is growing in the Black community through ignorance and reckless behavior" such as having unprotected sex or using dirty syringes, said Ulysses Palrose, a registered nurse with Sierra Health Services, Inc.

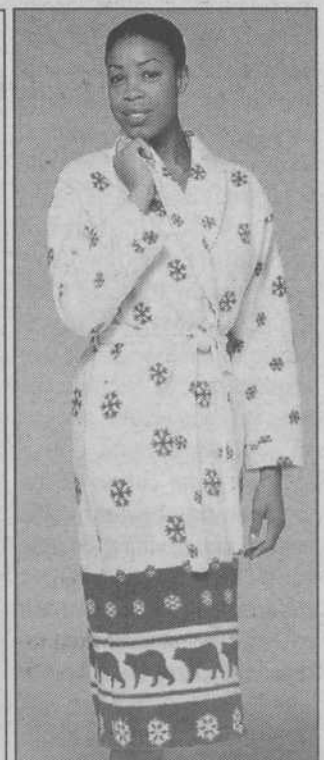
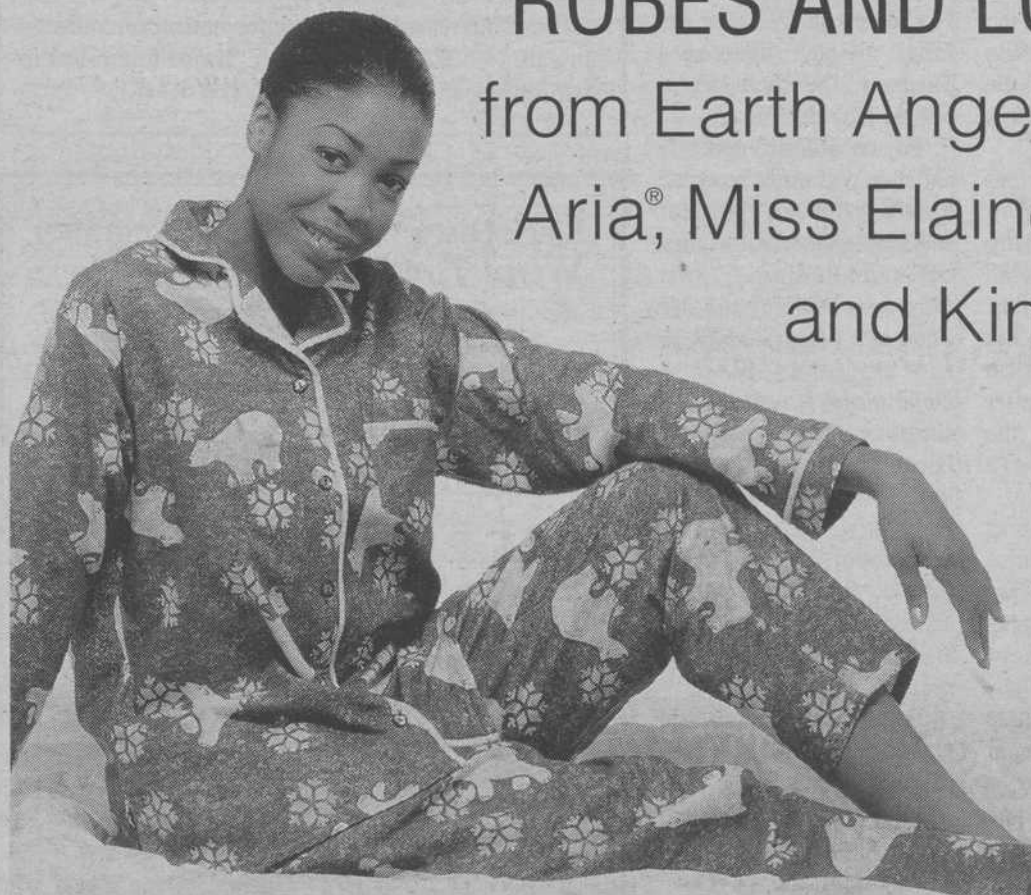
"I get emotional thinking about all the people I've lost to AIDS," Sicilian Warlock said. "I get afraid when I hear complacency with people about AIDS. The worst is yet to come."

"I have a heritage with MLK Jr. and am a beneficiary of his heritage," said David Gillentine, associate pastor of a local church whose congregation is predominantly homosexual. "As a gay man Dr. King has helped to set my people free."

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