

BREAK THE STIGMA

How to talk with MS-patients about bladder and bowel issues.

HOW TO BREAK THE STIGMA REGARDING BLADDER AND BOWEL ISSUES IN MS PATIENTS

Not many people are aware that bladder and bowel issues may be one of the first presenting symptoms of Multiple Sclerosis (MS)¹, yet, lower urinary tract symptoms (LUTS) are very common in patients with MS and on average, 90% of patients experience this sometime². What may be even less known is that up to 70% of the MS population also have problems with the bowel in terms of constipation and/or fecal incontinence¹.

Bladder and bowel issues have huge negative impact on quality of life for MS patients

The prevalence of nocturia in patients with MS is high, 20% to 50%, and particularly burdensome in MS patients by contributing to fatigue². UTIs may precipitate outbreaks and worsen the disease, causes about 30-50% of hospitalizations in MS patients, and are shown to double the risk of death in MS patients³. Bowel issues is ranked as the 3rd most bothersome symptom after fatigue and mobility by MS patients and some hardly leave home because of fear of fecal incontinence¹.

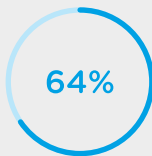
How may we help the MS patients further than we already do?

By breaking the stigma and asking more about these issues we may contribute to increased quality of life for MS patients. In a recent study it was shown that 38% of MS patients were not asked about their bladder problems⁴. The same study also revealed that as many as 49% of patients were not asked about bowel problems, even though it was shown that 67% were bothered by such symptoms⁴.

How can the use of intermittent catheterization and transanal irrigation help MS patients?

Intermittent catheterization (IC) is recommended and commonly used in patients with MS^{5,6} since it results in sleeping better at night and feeling more in control of the bladder⁷. Long-term follow up of MS patients using TAI shows reduced symptoms of neurogenic bowel and improved quality of life by improved NBD score¹¹.

Using Hydrophilic-coated catheters, like LoFric, to treat bladder symptoms in MS patients:



Are associated with 64% lower expected risks of UTIs compared to non-coated catheters^{8,9}



Show favorable results in patients in need of IC for many years, or even a lifetime

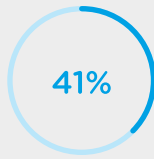
Using TAI, like Navina Irrigation Systems, to treat bowel symptoms in MS patients resulted in¹¹:



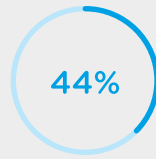
54% less UTIs



80% fewer
bowel accidents



41% fewer
hospital/GP visits



44% increased
independence

What may patients expect from using IC and TAI?



Reduced fatigue

This in turn may help patients:

- Continue working in the same way as before the MS diagnosis



Reduced UTIs

Which leads to:

- Less sick leave and GP visits
- Improved bladder health and maintained sexual health



Less time on the toilet¹²

Which results in:

- A greater social life as patients won't feel the need to stay home due to anxiety or fear of leakage

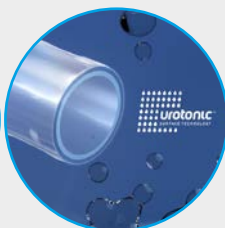
Products available

Bladder:

LoFric is the choice you can always trust. User-friendly hydrophilic catheters that together with smart features and discreet packaging enables anyone with urinary problems to live a more balanced life.

Bowel:

Navina Irrigation systems reduces bowel accidents. The electronic Navina Smart for TAI requires less physical effort and coordination since the procedure is performed with touch of a button. **Navina Insert** is a soft insert designed for comfort, to offer the user help to prevent accidental bowel leakage.



Referenses:

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At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 40 years with our product brands LoFric® and Navina™. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome in a sustainable way, now and for the future.

Wellspect. A Real Difference.

For more information about our products and services, please visit [Wellspect.com](https://www.wellspect.com). Join the conversation on LinkedIn, Twitter, Facebook and Instagram.

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