

## A New Way to Radically Improve Life With Limited Mobility and Chronic Urinary Incontinence

Ms. G. is a 30-year-old woman who was injured in a motor vehicle accident more than 20 years ago. She broke her fifth cervical vertebra. Resulting in quadriplegia. She was told that with this spinal injury, she would never walk again.

With limited mobility, she wasn't told that she would be fighting frequent urinary incontinence and urinary tract infections (UTI) for the rest of her life – *until now*.

Prior to her accident, she had an occasional UTI during young adulthood, which resolved with standard antibiotic treatment.

In the aftermath of the accident, she decided to create a life for herself that would enable her to maximize her gifts and ambitions. She developed a committed relationship with her significant other, finished a baccalaureate and master's degree, and now has a successful, fulfilling career.

With her full-time professional career, she wanted to avoid wearing obvious urinary products, when possible. She used a straight catheter during the day to drain her urine, and an indwelling catheter attached to a bag during the night.

With this solution, she coped with the issues that any woman with urinary incontinence (IU) and urinary tract infections (UTI) faces such as a daily basis of:

- difficulty, inconvenience, awkwardness, and expense of medical devices – especially indwelling and intermittent catheterization,
- wetness and resulting skin breakdown and odors, and
- indignities of having help from a partner, caregiver, or family member.

### Management of UI and UTI: Are women advised of all the options?

Healthcare professionals seemed to default to the usual management strategies for UI and UTI: Use catheters, clean and re-use them; wear adult diapers or briefs; put bed pads underneath the buttocks; and take antibiotics when there is an infection.

For more than a decade, Ms. G. had recurrent UTIs – about four to six UTIs per year. She would faithfully take her antibiotics, and the painful symptoms of UTIs would clear up. At one point, this was not effective for her. Her body had developed a tolerance to the antibiotics. Antibiotics were no longer effective.

She felt she had two options while advocating for herself: Explore more holistic options, or just completely skip the antibiotic therapy.

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*Having chronic pain changes the way you are open to options and solutions. Clinicians need to have open mindedness and knowledge of evolving solutions – consider what is important to the patient!*

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She tried holistic treatments, such as using D'Mannose powder and drinking lots of water. But these and other holistic treatments didn't work well or work at all.

Finally, she decided to let the UTIs resolve on their own, which took about two weeks.

During that time, she said she had “pain, low fever, nausea, extreme abdominal pain, and *extreme* fatigue.”

Ms. G craved a better life. She refused to believe that antibiotics and catheters were the only answers for her.

In her opinion, it was becoming apparent to her that her medical team presumed that a quadriplegic woman is destined to only use catheters and paper incontinence products and that women must endure UTIs for the rest of their lives. They had few or no options or ideas to share with her; some health professionals seemed entirely uninterested.

Her goal was to replace the need for catheters, at least part of the time. She began to explore devices that might get her out of those circumstances.

She found the **UriCap Female™**.

She started using the UriCap at night which gave her about nine to ten hours all night without having to use the catheter. She used straight catheter only during the day. Her goal seemed within reach! Moreover, she and her partner found that this strategy provided many other benefits that they didn't even realize were possible.

## Financial Benefits

With her new strategy in place, Ms. G. began to review her past expenses associated with UI and UTI. Here were her out-of-pocket costs for the catheters and briefs:

- **Catheters:** Insurance pays for selected brands and types of catheters to a specific maximum per month; co-pays were required.
- **Briefs:** She had spent \$90 for a box of briefs and was using 3 per day. There was no insurance for paper incontinence products.

- **Pads:** She added pads to her briefs for leakage and to reduce cost of briefs. Briefs and pads were an out of pocket expense.

She added up the costs. After using the UriCap, she still needed those products, but in far fewer quantities. As she remarked, “Do the math. In a year, a lot of savings.”

Ms. G. was able to get insurance reimbursement the UriCap Female simply by having a prescription from her physician. Other external female catheters such as Purewick™ and PrimaFit™ requires an external suction source and were not covered by her insurance or Medicare.

## Comfort and Convenience Benefits

Ms. G. and her partner had to take many steps and much time to clean those catheters, even at night, so it was impossible to get a full night's sleep. Plus, she was wearing briefs, and using pads underneath her buttocks while she was in bed. Yet, she still had skin break-down.

Fortunately, the UriCap Female solved those problems, especially at night. Both Ms. G. and her partner had experienced sleep deprivation as a serious, ongoing problem for years.

## Greater Independence and Sleep Benefits

And although Ms. G. had clearly articulated the monetary advantages of the UriCap, she pointed out another ‘cost’ savings that cannot be quantified.

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*“Uninterrupted sleep cannot be quantified - uninterrupted sleep is priceless.”*

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## What can other women with UI and UTI learn from Ms. G's case?

Women need to self-advocate because they may not be receiving all available information and resources. This case demonstrates three main points:

- The problems of urinary incontinence are bigger than just UTI and skin breakdown. The hassles of cleaning catheters, interrupted sleep, costs of products, and the risk for a negative self-image from appearance and odor are always present.
- Commonly prescribed treatments and devices are not satisfactory. Antibiotic treatments *may* eventually be less effective or stop working; self-catheterization adds to the risks of UTIs and dependence on others.
- Women who have UI and related UTIs deserve a prescription for a modern FDA-registered system that helps to overcome the default strategies.

## Living Better, Happily, Ever After

Ms. G. endured decades of using the default devices, simply accepting that UI and recurring UTIs were part of her post-accident life. But she learned that it doesn't have to be that way.

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*UriCap allowed my body to rest, allow body to flush bacteria naturally. And UriCap DID DO THAT JOB giving me the BREAK that my body was asking for."*

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Sometimes, a woman must become her own best advocate. Finding an easy-to-use, cost-

effective solution provided Ms. G. and her partner with more convenience, fewer UTIs with chronic pain, and a chance to be a better professional and a better life partner.

## How can you get the UriCap for yourself?

Do you have any of UI or medical conditions which increase your vulnerability to urinary incontinence and associated with UTI?

- Age-related changes in the bladder
- Childbirth or traumatic delivery
- Menopause/hormonal changes that maintain a healthy the bladder lining
- Medical conditions, such as tumors, diabetes, kidney stones, and neurologic conditions such as spinal injury, stroke, TBI, and multiple sclerosis.

If Ms. G's experience speaks to you, *see if you qualify for Medicare reimbursement* for the UriCap Female!

## Ask your doctor to prescribe the FDA-approved UriCap Female

for you today so you can get the benefits experienced a cost-effective approach to living better with UI.

- Covered by Medicare and many insurances
- Easy to apply
- Safe and sanitary
- Discreet; odor-free
- Skin friendly
- Comfortable

The UriCap Female could be a solution to living a better life when you have UI and associated UTI.

## UriCap Female™

Feel comfortable, independent, and reassured.  
Ask for your Medicare reimbursable prescription!