



LET'S TALK ABOUT  
**BLADDER  
AND BOWEL  
INTERACTION**

An open dialogue about coexisting symptoms as a foundation  
for better clinical outcomes and increased quality of life.

# “I rate a functioning bowel and bladder higher . . . than my ability to walk”

Bladder and Bowel dysfunctions often come together. The impact these dysfunctions have on the quality of life for people with neurogenic diseases, such as Multiple Sclerosis (MS) or spinal cord injury (SCI), is huge.

In a lot of cases, bladder and bowel symptoms coexist, side by side. And they interact. Which is seldom taken into consideration. These organs are neighbours - mechanically and neurologically. It's time for a more holistic approach for the benefit of patients.

## Bladder and bowel interactions

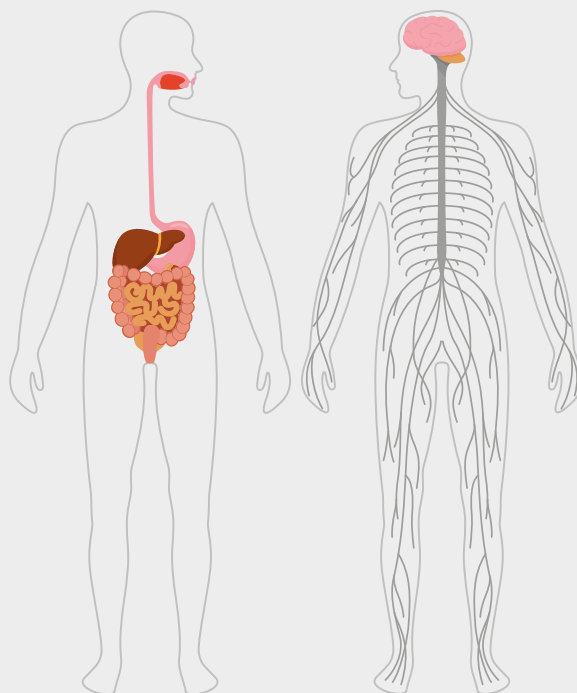


### Mechanical interactions

Physical pressure on bladder, when bowel is full.

Congenital malformations connected to bladder and bowel.

Pelvic floor dysfunction due to child birth.



### Neurological interactions

#### Centrally

Continence and evacuation are controlled in similar ways in the brain.

#### Locally

Closely related local neurological control, due to development from the same embryological origin.

### Causing coexisting symptoms

- Urinary incontinence
- Fecal incontinence
- Urinary retention
- Constipation

### With a huge impact on quality of life

- Anxiety
- Depression
- Social isolation

# LET'S TALK!

Due to the stigma surrounding these conditions many people choose to cope with their problems on their own rather than trying to manage them.

64%

64% of people with SCI feel socially isolated due to their bladder and bowel dysfunctions.<sup>1</sup>

66%

66% of people with MS are bothered by combined bladder and bowel dysfunction.<sup>2</sup>

95%

95% of children with spina bifida have both a neurogenic bladder and bowel.<sup>3</sup>

## An open and honest conversation is a win-win!

Talking about it helps remove the stigma – so we can reach more effective, tailored treatments for the patient. Combined treatment plans, for both the bladder and the bowel, delivers an increase in quality of life with a better clinical outcome.

*"...if I had the choice to either walk again or get back the use of my bowel and bladder, I would rather have the use of my bowel and bladder and use a wheelchair the rest of my life and never walk again."*

Patient report<sup>4</sup>

## Benefits of managing bladder and bowel together

Therapies that relieve one of these conditions often ease the other at the same time. A combined treatment approach, will therefore increase the chances of a better clinical outcome. Therapies that help people regain control of their bladder as well as bowel routine will significantly improve quality of life.

## OUR SOLUTIONS

Wellspect provides safe, effective, scientifically proven therapies for self-catheterization and transanal irrigation that enables people to carry on with their lives, empowered, independent, and worry free.

Our innovative products, LoFric and Navina, designed to re-establish bladder and bowel routines, reduce complications and promote long-term health and quality of life.

Learn more at [wellspect.com](https://www.wellspect.com)

## References

1. Van der Meer et al., Spinal Cord. 2017;55:98-104.
2. Wang et al., Mult Scler Relat Disord. 2018;20:16-21.
3. Zickler & Richardsson, J Ped Health Care. 2004;18:276-283.
4. Wilde et al. J Adv Nurs. 2011;67:1254-1263.

At Wellspect we value the people behind our success as a leading provider of life-changing products for bowel and bladder management such as the well-known brands LoFric® and Navina™. From the thousands of users and healthcare professionals worldwide who inspire our innovative solutions, we know that working together is the best way to advance continence care, giving our users more time for life. Building on over 30 years of life-improving performance, we passionately strive to make a difference every day to everyone who needs our products and services.

**Wellspect. A Real Difference.**

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