

Millions of women with health problem are being treated like children

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1 in 4 women in the UK suffer from urinary incontinence. But the system is letting them down and instead of being treated for it, they are being given incontinence pads and told to quietly put up with it. **Ann Winder** of the newly formed **ARC Health Care Management Consultants** says that this is inexcusable, degrading and is costing the NHS millions of wasted pounds.

For millions of women, urinary incontinence caused by weak pelvic floor muscles is something they have to face on a daily basis. The pelvic floor muscles are especially affected through pregnancy, so for many women their problems begin after they give birth. This issue is not only an embarrassment for women but they are not being given the best help to deal with it. Most women sufferers are told to wear incontinence pads, which handles the problem, but does not tackle the issues of why it's happening and how it can be stopped. For most cases, the problem can be successfully treated and cured, but there is a culture prevalent right now where it is not being done. Ann Winder, one of the most respected clinicians working in the field of continence today does not blame the NHS, but believes that the culture has to change. Plying women with pads is costing the NHS millions of pounds every year and simply addressing the problem in a different way is what's needed.

Surprising statistics reveal that 1 in 3 visits to the GP are related to incontinence issues, 1 in 10 men are affected, as well as huge swathes of ethnic minorities. But it is not something that people want to talk about.

With the newly formed **ARC Health Care Management Consultants**, Ann Winder hopes to educate and advise on a whole number of continence issues as widely as possible. Her **all female 'supergroup'** of some of the country's leading consultants and specialists have teamed together to improve the UK's health and address how it is treated.

Women should no longer be treated like children, being padded up and told to endure their problems. It's time for women to be offered an opportunity to free themselves of the problem altogether. This can be achieved with the right education at all levels of health care.

Dr Dawn Harper, Channel 4's GP on 'Embarrassing Bodies' says, "**Ann Winder is an inspirational woman who's knowledge is only surpassed by her passion to improve the lives of those suffering with incontinence. With the support of ARC we can make a significant difference to the care of those with continence problems. Just like the rest of us, producers and editors often shy away from the subject of continence, which means it doesn't get the air time it deserves.**"

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