

NEWS & NOTES

The Newsletter for EmblemHealth, GHI and HIP Providers

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In This Issue:

Administrative

- [HIP Service Area Expansion Affects GHI HMO Providers](#)
- [New Prior Approval List](#)
- [New Web Usage Requirements for GHI HMO Network Providers](#)
- [New EmblemHealth Radiation Therapy Program and EmblemHealth Cardiology Imaging Program and HIP Radiology Programs Apply to More Members](#)
- [Updated Fax Forms for: EmblemHealth Injectable Drug Utilization Management Program](#)
- [EmblemHealth Consolidates Post Office Boxes for GHI HMO and EmblemHealth Medicare PPO](#)
- [Claims Corner](#)
- [Medicaid and Medicare Updates](#)
- [Behind the Scenes](#)

Keep Your Directory Information Current

Clinical

- [Case Management Programs](#)
- [Stressing the Importance of Prenatal Visits](#)
- [Well-Child Visits](#)
- [High-Risk Medications for Elderly Patients](#)
- [Healthful Aging Starts With Lifestyle Changes and Preventive Screenings](#)
- **[Talking With Patients About Urinary Incontinence](#)**
- [Treating Rheumatoid Arthritis](#)
- [Assisting Patients Living With HIV](#)
- [Treating Low Back Pain](#)
- [Asthma Management](#)
- [CPT Codes for Tobacco Cessation Counseling](#)
- [Clinical Corner](#)
- [News&Notes Archive](#)

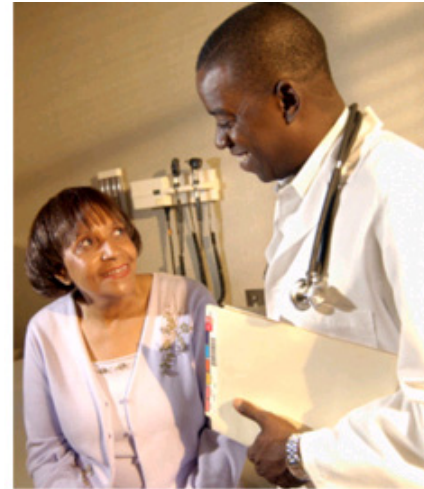
Talking With Patients About Urinary Incontinence

Although nearly half of elderly adults have episodes of urinary incontinence (UI), bladder problems are not a natural consequence of aging and not exclusively a problem of the elderly.

In 8 of 10 cases, UI can be improved. But since fewer than half of those with bladder problems ever discuss the condition with their health care professionals, the condition often goes unaddressed and untreated, keeping patients with UI at risk for rashes, sores, and skin and urinary tract infections.

Physicians can create an environment where patients feel comfortable raising the issue. Here are some strategies:

- Initiate a dialogue about UI rather than waiting for patients to bring it up.
- Frame the condition as something many people experience and one with many solutions, some as simple as diet and exercise.
- Make clear recommendations for diagnosis and treatment that patients can act on.



For [helpful tips](#) on talking with your patients about UI, as well as information on diagnosis and treatment options, visit the [National Institute on Aging](#) online. Here are some other resources:

- [National Association for Continence](#)
- Our clinical practice guidelines for [urinary incontinence](#) management, adopted from recognized sources.