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Author: Jerry Lowder, MD
Editor: Steven Minaglia, MD, MBA

Comparison of Mindfulness-Based Stress Reduction Versus Yoga on Urinary Urge Incontinence: A Randomized Pilot Study. With 6-Month and 1-Year Follow-up Visits

Jan Baker, APRN, Donna Costa, DHS, Julie M. Guarino, BSOT, and Ingrid Nygaard, MD

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1. Both the active and control group treatments involved Yoga (“mindful” Yoga vs. “Asana”-based restorative Yoga). Many Yoga practices focus on body/positional awareness and being “present” in the moment. Do you have an explanation as to why MBSR with “mindful Yoga” was so much more effective in reducing UIEs?
2. Certain forms/practices of Yoga, specifically Iyengar, are thought to have therapeutic applications by using specific poses (Asanas) to treat specific medical problems.
 - a. Do you think that a different Yoga regimen could have resulted in different/better outcomes for the Yoga-only group?
 - b. Do you think this would have served as a “better” comparison group?
3. Anticholinergics have been the typical “gold standard” comparator for urgency incontinence treatment.
 - a. Do you think an anticholinergic would have been a good control treatment in this study?
 - b. What methodological issues would use of a medication-based active control group create in this study?
4. Based on the study demographics, how do you think the women that participated in your study differ from the “typical” woman presenting for care for urgency incontinence?
 - a. Do you think the findings of your study are generalizable to all women with urgency incontinence?
5. The inclusion criteria for your study focused primarily on UIEs. How do you think MSBR would work for women with urinary urgency and frequency that do not have incontinence? Do you think it could be more or less effective in this population than women who have urgency incontinence?

6. The average amount of practice per week was reported as structured and unstructured but appears to be for the MSBR group only.
 - a. Were women in the Yoga group expected to practice at home and did they report this?
 - b. If there was a difference in home practice between groups, how do you think this affected the results?
7. If you could perform an fMRI or PET scan during cystometry in a woman with UI prior to initiating an MBSR, do you think there would be detectable changes in the imaging study after a MBSR practice? If so, please describe.