

38th Annual Meeting of the ICS to be held in Cairo, Egypt

20-24 October 2008, Cairo International Conference Centre, Cairo, Egypt, www.ics-meeting.com

The 38th Annual Meeting of the ICS, to be held at the magnificent Cairo International Conference Centre, will be a unique opportunity to network with incontinence experts from around the world including urologists, neurourologists, (uro-) gynaecologists, gastroenterologists, geriatricians, paediatricians, pharmacologists, engineers, physiotherapists, nurses and continence advisors. Delegates will have the chance to discuss the latest medical and scientific developments and hot topics in the field of incontinence and attend state-of-the-art lectures by top speakers, point counterpoint discussions and an extensive range of educational courses and workshops. This year's conference, with CME accreditation, will include many new features and events. Don't forget to take a good look around the meeting website where all details of this fantastic meeting are available. A few highlights are included below.

Meet the experts!

For the first time, the ICS will organise a 'Meet the Experts' session on Wednesday 22 October, 12.35-13.30. The aim is to provide an informal atmosphere where delegates can interact with experts who will give you their undivided attention for an hour over lunch: the perfect opportunity to gain knowledge, new insights, and of course to network. The session will be open to ICS members only and space will be limited, on a 'first come, first served' basis so please register now on the website for this session.

ICS Continence Promotion Committee Public Forum

Following last year's highly successful Public Forum in Rotterdam, the ICS Continence Promotion Committee will be holding its 2nd Public Forum on Friday 24th October in Cairo, at the end of ICS 2008. The aim is to raise awareness and continue this committee's work in tackling the stigma and taboos attached to this sensitive issue worldwide. The Public Forum will focus on local people who will be invited to come along to listen to the experts and become more informed on many aspects of incontinence.

Physiotherapy for non-physiotherapists, 19 October

This morning programme is intended for clinicians who do not have pelvic floor physiotherapy available in their work situation, who are not familiar with pelvic floor physiotherapy and/or who are looking for a way to organise this in their work. This session will explain what physiotherapy is, how it can support your work and how you can organise it locally.

7th Physiotherapy Round Table

This round table afternoon session is for physiotherapists only. The programme will be split into different sessions discussing: pelvic floor physiotherapy in children, pain/triggerpoints, prolapse, men, fitness & pregnancy, low back/pelvic pain and pelvic floor muscles, research and outcome measures.

Nurses' meeting for Pan-Arab nurses working with bladder and bowel problems

This afternoon session on Sunday 19 October is open to all nurses working with people with bladder and bowel problems. This session and content is specifically geared towards local and Pan-Arab nurses. Free for local nurses and ICS nurses.

ICS Annual General Meeting

The ICS AGM will be held on Friday 24 October, 11.00-12.30. Agenda details are available on the meeting website.

Social events and tours

A wonderful social programme has been prepared by the organizing committee. A welcome reception will be held on Tuesday, 21 October in the beautiful Chinese Gardens of the Cairo International Convention Centre where guests will experience the famous Egyptian hospitality and enjoy entertainment inspired by local cultures and arts.

Gala Dinner

Don't forget to order your ticket for the ICS Gala Dinner to be held at the foot of the historic Great Pyramids of Giza where you can enjoy dinner, dancing and a special showing of the "Sound & Light" display. This promises to be a unique and unforgettable evening at a spectacular venue.

Pre- and post-meeting tours

In addition to the meeting social programme, a wide variety of fascinating pre- and post-meeting tours are available for those spending an extended stay in Egypt, varying from half-day sightseeing excursions to Agatha Christie-style 5-day cruises along the Nile following in the footsteps of Hercule Poirot.

Don't miss out!

If you haven't yet signed up for ICS 2008 in Cairo, but don't want to miss out on this unique opportunity, register now! Information on how to register can be found on the ICS meeting website: www.ics-meeting.com.



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The International Continence Society (ICS) is a membership society for professionals working in the field of incontinence.

The objectives for which the Charity has been established are:

- The advancement of sciences concerned with lower urinary tract and pelvic dysfunction including urology, gynaecology and urodynamics.
- The promotion of research into the causes, remedies and relief of incontinence.
- Making provision for the publication of the results of that research via website, email, post, telephone, paper publication, newsletters and presentations, annual congresses and educational courses.

The International Continence Society is a company limited by guarantee.

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The ICS office retains the right to edit any material submitted to the newsletter. Please note that not all contributions can be included, but we will endeavour to represent the membership of the ICS. The ICS does not necessarily endorse any products that may be mentioned in the ICS newsletter.

Urogenital Medicine in Pharaonic Egypt

by Jane Meijlink

Historical evidence has shown that the study of medicine played an important role in many ancient civilizations, and indeed this was no different in Pharaonic Egypt. The ancient Egyptians, with their technical engineering knowledge to calculate and build immensely complex structures such as the pyramids and temples, also possessed the skills of embalming their dead for eternity, and were deeply interested in disorders of the human body and how to treat them, whether by medicine or magic. Their medical practices ranged from extensive embalming, autopsy and surgery to magic and faith healing. Ritual purification rites and stringent dietary restrictions also played a role in the health of Ancient Egyptians.

Medical evidence from Ancient Egypt is found from a number of different sources including palaeopathological studies with mummified tissue, statues, engravings, mural paintings and inscriptions, rock carvings, mortuary objects, medical ostraca and the famous medical papyri.

The study of Ancient Egyptian mummies has revealed the presence of urinary calculi, tumours and diseases of the urinary tract and genitals, that can also be seen on engravings in temples and tombs. Engravings and murals also depict the rite of circumcision showing in detail how this was performed.

The ancient medical papyrus texts refer to doctors, oculists, dentists as well as magicians and priests, in addition to detailed descriptions of disorders with prescriptions for treating them, including herbal remedies. Many treatments described in the papyri involving the use of excrement indicate that the physicians of Ancient Egypt had great faith in its medicinal properties! However, magic spells, incantations, charms and amulets also played a significant role, including as a form of preventive medicine. According to A.A. Shokeir and M.I. Hussein, only five of the existing ten medical papyri contain information about urological disorders.

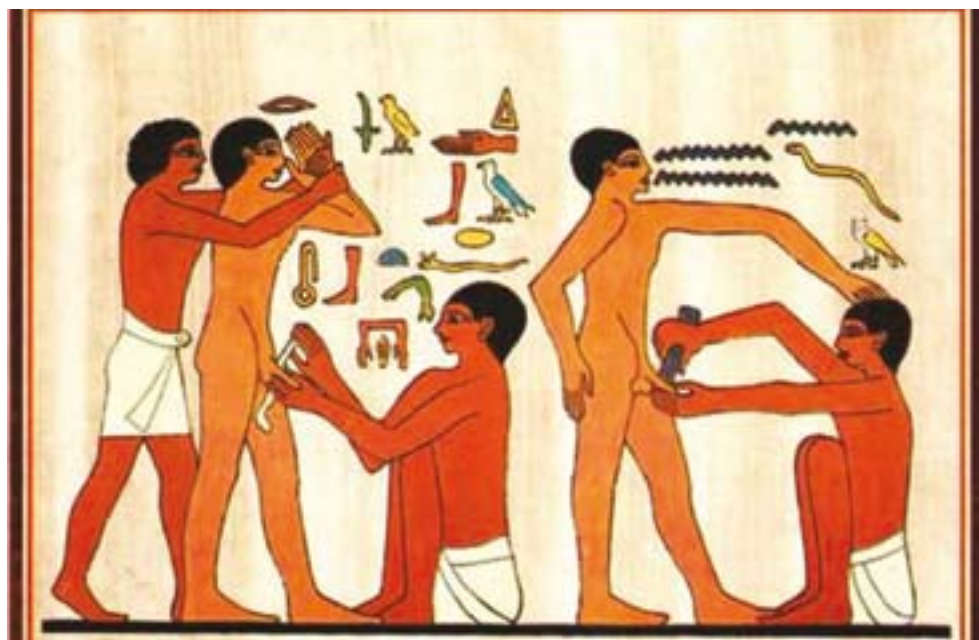
The Edwin Smith Papyrus, named after its original American Egyptologist owner (1822-1906), refers to the stages of wound healing and treatments for different types of wound in addition to descriptions of many other bodily disorders. Honey was a commonly used treatment in the form of a wound dressing. Prescriptions include a remedy for menstrual problems containing ingredients such as cedar

oil, caraway seeds, galena and sweet myrrh to be smeared many times on the vagina, while oil, resin and acacia leaves were cooked into a compound and placed in the anus for the treatment of hemorrhoids.

The Ebers papyrus, first purchased by Edwin Smith and later by Georg Ebers in 1872, is the longest of the medical papyri and is a collection of different medical texts describing a variety of conditions. It includes descriptions of disorders caused by urinary retention, regulation of the urinary flow and also burning sensations in the bladder. Vaginal disorders are mentioned several times in the Ebers papyrus and were treated by a mixture of acacia, ox marrow and resins poured into the vagina. In the Berlin papyrus, prescriptions for acute pain during micturition may have been referring to prostatitis. The Kahun texts discuss gynaecological disorders in women, as well as symptoms of cystitis and schistosomiasis, still a major cause of chronic ill health in Egypt, which can infect the bladder and rectum. Clinical symptoms described include haematuria, painful and frequent micturition and stool disorders. Sexually transmitted diseases such as gonorrhoea are described in the Ebers papyrus and also impotence. All that has changed down the ages is the treatment, the health problems are still virtually the same! ■

References and further reading:

- The Urology of Pharaonic Egypt – historical review.* Shokeir AA, Hussein MI. *BJU Int.* 1999 Nov;84(7):755-61
- Ancient Egyptian Medicine,* John F. Nunn, British Museum Press.
- The Art of Medicine in Ancient Egypt,* James P. Allen, Metropolitan Museum of Art, New York.
- Medicine in the Days of the Pharaohs,* Bruno Halioua and Bernard Ziskind, Belknap Press of Harvard University Press.



A bas-relief from the temple of Ankhma-Hor in Saqqara illustrating circumcision

Pre-Meeting Workshops and Courses at ICS Cairo

By Avicia Burchill

Traditionally the workshops and courses run for two days on the Monday and Tuesday before the start of the Scientific Programme. There are two types of educational programme: Workshops and ICS Education Courses. The Workshops are proposed and delivered by ICS members and non-members. The content of the Pre-Meeting Workshops is not officially controlled or approved by the ICS and does not necessarily reflect the opinions of the ICS, although the use of ICS standard terminology is required. The ICS Education Committee decides which Education Courses to run and these are either successful workshops which have run in the past and reflect the views of the ICS or are created by the committee to ensure a balanced programme and to

suit the needs of the overall programme.

To choose a course, visit the ICS 2008 meeting website www.ics-meeting.com and select the Workshops and Courses option on the left panel. Then select a session time and view what is available.

When you book a course or workshop you will receive all course materials for that relevant workshop, plus you will be entitled to claim CME points. The ICS 2008 pre-meeting workshops and ICS Educational Courses have been accredited within the EU-ACME programme by the European Board of Urology Accreditation Committee with 3 credits in category 2. All delegates are asked to complete an evaluation form in exchange for their Certificate of Attendance. This certificate can then

be used by all delegates to claim for CME credits with their appropriate local institutions.

There are some free courses available, but please note you still need to register to attend these courses. Also we recommend that you book early as some workshops and courses have a limited number of spaces. To give you an example of how popular they are: at Rotterdam 2007, a total of 867 participants took part in the courses and workshop activities (each one of them took 1-4 courses).

We hope that you will find something in 2008 that will interest you, whether as a refresher course or to learn something new. See page 12 for full details of courses and workshops. ■

Update On Voting And The ICS Constitutional Review Efforts

Dirk de Ridder, Ajay Singla, Werner Schaefer (ICS Trustees)

Following a number of very productive meetings of the Trustees, Executives and Advisory Board prior to the AUA meeting in Orlando in May 2008, we have come very close to a - unanimous - comprehensive agreement on restructuring the ICS as a UK charity in a much simpler format. However, this still needs discussion with the Constitutional Review Committee and some final considerations, legal advice and approvals to become a sound proposal for consideration by the membership.

Since this restructuring will have a significant impact on all positions to be elected by the Annual General Meeting (AGM) in Cairo, we need to ask your understanding and patience. Our aim is to send out full details of our restructuring plans to the membership for discussion and approval as soon as possible by 1st August 2008. We can then together make new arrangements for the election of all new positions at the AGM in Cairo.

International Continenence Society Training Standards

Hashim Hashim



Hashim Hashim

Over the past two years, the ICS Education committee has been working on the publication of a training standards document for subspecialty fellows. The aim of this document was to set the standards that the International Continenence Society would expect from subspecialty fellows in female urology and urogynaecology, treating patients with lower urinary tract dysfunction. The initial document was drafted by Hashim Hashim, Paul Abrams and Linda Cardozo. This was then presented to the ICS Education committee who made recommendations regarding the document. This

was followed by two rounds of amendments to produce a document approved by the ICS Education committee members. The document was then placed on the ICS website for feedback from ICS members and announcements concerning this were placed in ICS e-News. After two months on the website, we now have the final version of the ICS training standards document available for general use. We hope that it will serve as a valuable tool for setting up training programmes in different countries around the world. ■

Meet the ICS Executive Committee

Ajay Singla: Trustee and Treasurer

Ajay Singla, Associate Professor of Urology & Gynaecology at Wayne State University in Detroit, USA where he focuses on female urology & voiding dysfunction, joined the ICS in 1998 when he attended the first ICI meeting in Monaco. Ajay has been a member of the Education Committee for 6 years, is currently also a member of the Resident Education Sub-Committee, the ICS Workshops & Approved Courses Sub-Committee, the ICS Meetings & Nominations Committee, the ICS Advisory Group and the ICS Executive Committee as Treasurer.

As Treasurer, he has financial responsibility for the society. Ajay feels that the trustees have an important role to play, overseeing the ICS Office and making key decisions for the society. "The Executive Committee is the overall decision-making body, interacting with the Advisory Group and ICS Committees". According to Ajay, the ICS is the only multi-specialty and multi-cultural society in the field of incontinence, representing many different professions. "My vision is to make this society free of politics, healthy and strong, to increase our membership and to grow in countries where there is still no awareness of the ICS."



Ajay Singla

Dirk de Ridder: co-opted Interim Trustee, Chairman of the Standardisation Committee

Dirk de Ridder, Assistant Professor of Urology at the Catholic University of Leuven, Belgium, specialises in adult incontinence and runs a multidisciplinary team for pelvic floor disorders. He is additionally medical director and general manager of the National Multiple Sclerosis hospital in Melsbroek, Belgium and runs a fistula programme in the Democratic Republic of Congo. Dirk joined the ICS in 1995, the first meeting he attended being in Athens in 1996.

He is currently associate editor of Neurourology & Urodynamics, chairman of the Standardisation Committee, member of the Meetings & Nominations Committee, the ICS Advisory Group and the ICS Executive Committee as co-opted interim trustee. As interim trustee, he sees his role as "one of helping to modernize the structures of the ICS and to make the ICS attractive to young people." He also strongly believes in collaboration between the ICS and other societies. Dirk hopes that "the ICS will evolve into a modern, open, multidisciplinary society of high intellectual standard, with a strong focus on basic and clinical research and on evidence in continence-related research."



Dirk de Ridder

Werner Schaefer: Trustee and Chairman of the Education Committee

Werner Schaefer, originally an aerospace engineer who moved into biomedical engineering, currently associate professor of medicine and director of the continence research unit at Pittsburgh University, has been a very active member of the ICS since 1973. This included 14 years as membership secretary during which he developed the first membership database and website. Currently a member of the Standardisation Committee, Meeting & Nominations Committee, Clinical Trials Sub-Committee, Chair of the Urodynamics Sub-Committee, Chair of the Education Committee, Member of the Advisory Group and Trustee.

Werner believes that the main task of the trustees is to "think and make strategic plans" and that more trustees are needed. The ICS, according to Werner, should focus on what its core activities should be, on what makes the ICS unique in incontinence, such as supporting education, working on standardisation and quality improvement in all related fields and it should get back to being productive. "We are after all the only international, multidisciplinary society in this field".



Werner Schaefer

Publications & Communication Committee (P&CC)

Jerzy B. Gajewski

Chair, Publications & Communication Committee

The Publications and Communication Committee (P&CC) of the International Continence Society is chaired by Jerzy Gajewski. Its members are: Jane Meijlink (ICS News Editor), Piotr Radziszewski, Daniela Marschall-Kehrel, Susie Orme, Stefano Salvatore, Hashim Hashim, Katherine Moore, Sherif Mourad and Vik Khullar.

This very active committee has the important task of communicating news, information and the latest developments both to ICS members and between the ICS and the outside world. This includes development of a long-term ICS publications and public relations plan, monitoring progress of the website, an annual appraisal of the journal *Neurourology & Urodynamics* and advising on Public Relations and Publicity. Other areas of the P&CC's involvement include: E-News, press affairs and the congress newsletter for the annual meeting as well as development of ICS fact sheets.

One of the most important activities of the committee is publication of ICS News. This is done under the direction of our very competent editor Jane Meijlink. The newsletter is published twice a year and so far we have published 8 issues. The P&CC hopes that all ICS committees and all ICS members from around the world will contribute to this newsletter and in this way share interesting projects and developments in which they are involved with the membership. If you would like to contribute an article, photograph or other item of interest to ICS News, please contact the magazine's editor at icsnews@icsoffice.org

The P&CC is ably assisted in its extensive task by Carole Sales from the ICS office with Dominic Turner responsible for the ICS website. ■



Jerzy B. Gajewski

ICS School of Urodynamics

Gordon Hosker

Director of The School of Urodynamics

The School of Urodynamics was established in November 2005 under the umbrella of the ICS Education Committee and Paul Abrams was asked to be its first Director. Its aims are twofold: to promote the use of urodynamics in order to improve patient care in a multidisciplinary environment of investigation and treatment and to support urodynamic training in order to raise the standard of urodynamic testing worldwide.

The School of Urodynamics has over 80 members with representation from over 30 countries worldwide. The current director of the School is Gordon Hosker from Manchester, UK. He followed Paul Abrams in this role in January 2007.

In order to provide standardised teaching materials on a worldwide basis, many of the members have been working to produce slide sets on different topics relating to urodynamics. A slide set on the Philosophy and Aims of Urodynamics has already been completed whilst others on Filling Cystometry and Pressure Flow studies are being reviewed. Slide sets have also been submitted relating to urodynamics in specific patient groups (such as children and the frail elderly), but these will not be reviewed until the slide sets on general urodynamic technique have been completed.

At the School's 2007 AGM held during

the ICS meeting in Rotterdam, there was much discussion concerning the best way to disseminate the slide sets and several good suggestions were made. However, the Education Committee has recently been considering the use of webcasts on the ICS website for Educational purposes and this may be the format in which the slide sets will eventually become freely available.

Another aspect of the School's work is to encourage and develop urodynamic courses and training schemes. Currently four training courses have been recognised by the ICS. There is one in the US (Hands on Urodynamics), one in Denmark (Good Urodynamic Practice), one in the UK (Certificate in Urodynamics Course) and one in the Middle-East (Middle-East Certificate in Urodynamics course; similar to the UK course). Another European country has recently made a preliminary application for recognition while Werner Schaefer (Chair of the Education Committee) and Gordon Hosker have been advising another European country on how to plan a training programme that will be acceptable for ICS recognition.

Gordon welcomes your involvement, comments and suggestions to progress the work of the School. Please contact him at gordon.hosker@btinternet.com ■

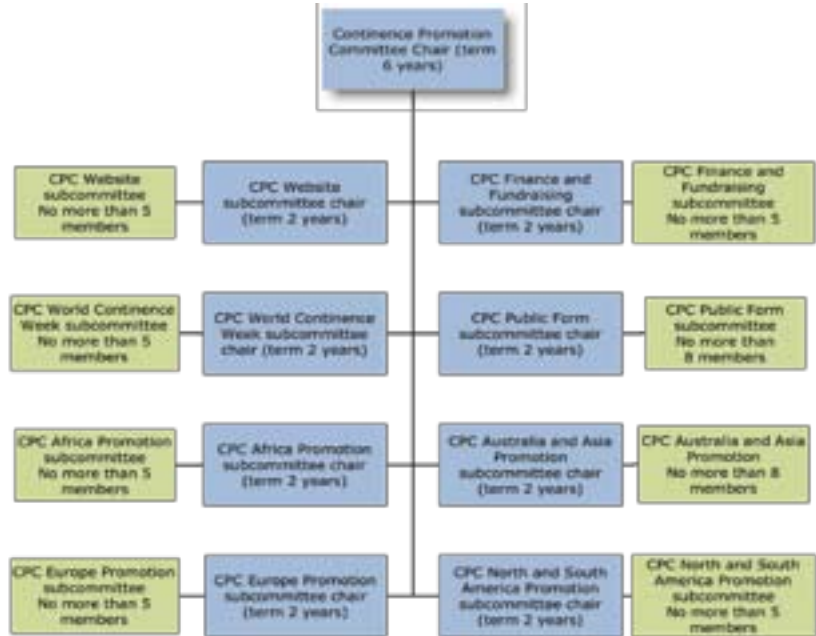


Gordon Hosker

Continenence Promotion Committee

CPC Restructuring

The ICS Continenence Promotion Committee has recently re-structured to support its growing portfolio of activities, including the 1st Public Forum in Rotterdam in the Netherlands that took place in 2007, and the 2nd Public Forum that is due to take place following ICS 2008 in Cairo, Egypt. Currently, the CPC is the only committee in the ICS that encourages a large membership and so members of the subcommittees will not be required to attend committee meetings. This will be the responsibility of the sub-committee chair. This structure has been introduced to encourage more activities from the CPC. If you are interested in joining one of these sub-committees or becoming the chair of a CPC sub-committee please write to info@icsoffice.org with your expressions of interest.



UK Continenence Foundation integrated into InContact

Incontact, the UK's largest patient-focused bladder and bowel charity, has come to the aid of the Continenence Foundation, which closed its doors at the end of April, following the loss of two of its major donors. Incontact will now form a new single UK charity, integrating the strengths of both charities into one new body which will continue to provide information and support for bladder and bowel related problems, for both professionals and patients. This new charity will incorporate the missions and objectives of both and will continue to work in partnership with other organisations in the field.

According to Brian Buckley, Chairman of Incontact: "Bladder and bowel problems and incontinence are stigmatised conditions. Although common, they are seldom spoken about. For those affected, finding information or support has been made more difficult by a fragmented and confusing charitable sector, with more than one organisation apparently offering the same services. This situation has not been easy for the

charities either, with each competing for funding to survive."

The new charity's focus will be the provision of support and information to people affected by bladder and bowel related problems, raising awareness and understanding of these issues amongst the public and professionals, and providing a powerful and unified voice in policy and service development processes at national, and ultimately international, level.

Benefits of the new charity are a stronger representative voice for patients; a "one stop shop" for information and support; a considerable cost savings in terms of rent of premises; fees for accountancy and auditing and other administrative support. Simplified governance and financial arrangements and more effective engagement with research and funding bodies.

For further information: email info@incontact.org or visit www.incontact.org

NAFC MAKES ACCESS TO VALUABLE INFORMATION FREE AND SIMPLE

The National Association For Continenence (NAFC) Launches a Fully Redesigned Web Site

The National Association For Continenence (NAFC), an associate member of the ICS Continenence Promotion Committee, has released a completely upgraded Web site, www.nafc.org, giving users the ability to access information about diagnosis, symptoms, prevention, management and treatment options for overactive bladder including urinary incontinence (UI), voiding dysfunction, faecal incontinence (FI), and related

pelvic floor disorders.

The NAFC Library has now been added to the website and provides free, downloadable copies of NAFC educational leaflets and the quarterly newsletter, Quality Care®. Visitors can also go to the Search Our Articles section within the Library to find articles on a particular topic.

Neurourology & Urodynamics Update

Dear Colleagues,

The editorial team at Neurourology & Urodynamics (shown below) would like to thank all of the reviewers for their continuing hard work and also of course all of the people who are submitting work to be published in the journal.

Left to right, Christopher Chapple, Jen Tidman, Karl-Erik Andersson, Rodney Appell, Lori Birder, Linda Brubaker, Dirk De Ridder, Heinz Koelbl, Ron van Mastrigt and Chris Winters.



We have been very impressed by the high quality reviews that have been submitted, and please keep them coming. If anybody has an idea about something they would like to write a review on (bearing in mind that it of course has to be peer reviewed) then please contact me at the journal office: neurourol@btconnect.com.

I would like to bring it to everybody's attention that the ICS has now adopted the CONSORT (Consolidated Standards of Reporting Trials) Statement on reporting randomised controlled trials (1), and this will be applied to abstracts for the annual meeting which will be published in the journal as well as, of course, all full articles. I enclose the table which I have abstracted from the CONSORT statement.

The current review process appears to be working smoothly, but I would like to remind all authors and reviewers that it is important to have their conflict of interest statements lodged with the ICS and clearly to declare any such conflicts where relevant to the journal office when submitting manuscripts.

The current length of time from manuscript acceptance to online publication on Wiley Interscience's Earlyview website is 6.5 weeks, and the average time from submission to decision on the journal's Manuscript Central website is just over a month.

Thanks for your continuing support of the journal, and please don't hesitate to get in contact with any comments or suggestions for improvements that you may have.

Christopher Chapple

Editor-in-Chief, Neurourology & Urodynamics

(1) Hopewell S, Clarke M, Moher D, CONSORT Group. CONSORT for reporting randomizes controlled trials in journal and conference abstracts: explanation and elaboration. PLoS Med 2008; 5: e 20

Items to include when Reporting a Randomised Trial in a Journal or Conference Abstract	
Item	Description
Title	Identification of the study as randomised
Authors	Contact details for the corresponding author
Trial design	Description of the trial design (e.g. parallel, cluster, non inferiority)
Methods	
Participants	Eligibility criteria for participants and the settings where the data were collected
Interventions	Interventions intended for each group
Objective	Specific objective or hypothesis
Randomisation	How participants were allocated to interventions
Blinding (masking)	Whether or not participants, care givers, and those assessing the outcomes were blinded to group assignment
Results	
Numbers randomised	Number of participants randomised to each group
Recruitment	Trial status
Numbers analysed	Number of participants analysed in each group
Outcome	For the primary outcome, a result for each group and the estimated effect size and its precision
Harms	Important adverse events or side effects
Conclusions	
Trial registration	Registration number and name of trial register
Funding	Source of funding

Our new-look ICS website and how it works

Dominic Turner, IT Director

I am happy to report that the two-phased development of the website, initiated by the Publications & Communication Committee, is now complete.

Phase I introduced the new skin to all the main pages written since 2005 which are in a new language called ASP.NET. This left a few sections that were still written in an older language - Classic ASP so these older sections still had the previous ICS colours and skin.



Since Phase II is now also complete, this means that

- All parts of the ICS website now use the new corporate branding.
- ICS 2008 Abstracts are now re-branded.
- New navigation system is now operational site-wide.
- The new Disclosures module (currently for committee members only) is now online.
- The Meetings & Courses module has been completely rewritten and is now much easier to navigate and administer.
- Website Promotions are now used across the site for promoting ICS Events.
- Users are now able to add their own links and events to improve interaction with our members.

Navigation

This process took a bit longer as I took the opportunity to improve many of the existing "front of house" pages. A new navigation section has been added to the interface which gives very simple access to the main parts of the website based on who is using it. At the top of each page is a button for "Members / Abstracts / News / Press / Contact Us". The opportunity was also taken to reorganise the sitemap to make navigation easier. It has been simplified and organised it into a more user focused order. The Events module navigation (Annual Meetings / ICS Courses

/ Other Continenace Events) has been much improved – you can now easily see all events for each type in one page, along with any special promotions for events we are currently promoting. This should make it much easier for a potential delegate to find out more about the current annual meeting, or find an educational course that they are interested in.

Press Page

This new section gives the media a place to find out more about the ICS and continence. It includes the ICS Fact sheets produced by the Publications & Communication Committee and "Quick Links" providing useful facts for the media.



Add Links/Events; ICS Member Interaction

The "Links" page now has a button "Add My Website" which allows visitors to add their own links for Industry or not-for-profit organisations. This facility is now available on the "Meetings and Courses" module which now allows people to "Promote my event" in the "Other Continenace Events" section, by adding details of other relevant events to our website. These sections are moderated by ICS Office staff and only authorised events are published here.

Next Steps 2008/2009

Any new developments will use the new branding. The "old" modules (Documents / Voting / ICS 2008 Abstracts Submission / Published Abstract Search) will be phased out and replaced over the coming 2 years with improved versions using the new language. Ashley Brookes is currently working on the new Documents module which will give improved access to members and allow committees to upload their own documents. Working drafts will be supported under the new system so that Committee Members can collaborate on draft reports etc before publication to members. A new feature to the documents system will be for ICS Members to give their feedback about documents.

ICS e-Learning Courses

An initiative has been started by the new Education Committee chair to produce ICS e-Learning



courses. These will allow visitors to our website to access learning materials and answer questions to receive accredited points. We have had discussions with EU-ACME to accredit this online ICS course. This is currently under discussion with the EU-ACME board. This should extend one of our core charitable aims of Continenace Education by giving quality educational material to the public with full accreditation for free!! This should assist those who are either junior practitioners and those from developing countries as the costs of attending either an annual meeting or the cheaper ICS educational courses are still prohibitive for many. These online courses will target these people in particular, though they will be available to all (for instance ICS 2007 delegates who missed the course).



We are planning to use the latest technology to make this online course as engaging and interactive as possible to our "online delegates". We will develop these e-Learning courses in-house to add another string to the ICS technology bow and make the Basic Neuro-urology course the first.

I hope this gives more of an in-depth understanding of the technical work completed and a taste of the exciting projects we are working on/planning for the future of the ICS website. In every area the focus is to enable more interaction with our members, to make the website not only a source of information, but a true meeting place for our members between annual meetings.

Book Reviews



Therapeutic Management of Incontinence and Pelvic Pain

Pelvic Organ Disorders

Edited by Jeanette Haslam, Jo Laycock, Published by: Springer-Verlag London Limited 2008 (Second Edition), Pages: 301, ISBN: 1846286611, Price: £49.50

A second, updated edition of this practical, clear, well-illustrated book from the UK, edited by Jeanette Haslam and Jo Laycock, on a clinical introduction to the assessment and conservative treatment of pelvic floor disorders in men, women and children. The aging lower urinary tract is not forgotten either. While written with physiotherapists in mind, it will appeal to nurses and many other healthcare professionals.

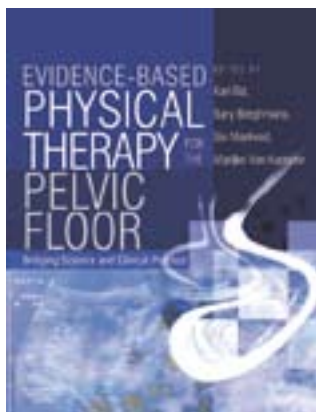
The book is divided into six sections: urinary incontinence in adults and children with bladder and bowel disorders, treatment and management of urinary incontinence, colorectal disorders, pelvic pain, pelvic organ prolapse, professional issues and ends with useful appendices comprising a fluid intake and bladder diary and a urinary continence assessment form.

Where the patient is concerned, quality of life is one of the most important aspects and this is underlined by a new chapter in this book on quality of life assessment and questionnaires.

Although Pelvic Pain forms part of the title of this book, the section dealing with this issue is relatively small but nevertheless deals with this important but complex topic in a practical, down-to-earth way.

The chapter on Infection Control Issues is particularly important at a time when nosocomial infections have hit in the headlines and hand hygiene campaigns are being launched worldwide.

Jane Meijlink



Evidence-Based Physical Therapy for the Pelvic Floor

Bridging Science and Clinical Practice

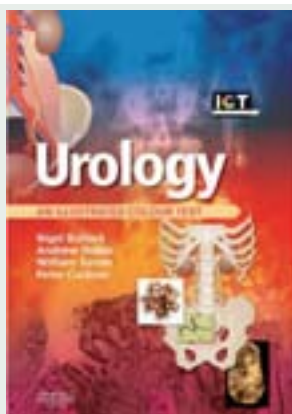
Edited by Kari Bo, Bary Berghmans, Siv Morkved and Marijke Van Kampen, Published by: Elsevier Health 2007, Pages: 456, ISBN: 0443101469, Price: £39.99

The title is self-explanatory and the book does not disappoint in this respect. The text is easy to read and the chapters arranged so the book is both a comprehensive review of the subject and a user-friendly reference book for both the specialist and the generalist seeking further information. It will also help contribute towards standardised and evidence-based practice

There are chapters to aid the treatment of specific groups including men and children, and, importantly from a personal perspective, the elderly. This is encouraging, as general textbooks do not usually address the different treatment considerations in this group.

The book suffers from its lack of colour, as a result of which the clinical photographs look less informative and the tables less interesting. While this is likely to be a necessity to keep costs down, it means that the book looks considerably less visually interesting. This is a shame as it may detract the non-specialist from reading it.

Susie Orme



Urology, An illustrated colour text

Edited by N. Bullock, A. Doble, W. H. Turner, P. Cuckow, Published by: Churchill Livingstone, 2008

Pages: 158, ISBN: 0443072647, Price: £24.99

This book is part of the 'Illustrated text series'. It covers all aspects of urology, though on a basic level. Each section is colour coded and one of the sections is devoted to 'incontinence and neurourology'. Each chapter, within the sections, consists of two pages with 'key point' boxes for reinforcement and coloured illustrations. As far as incontinence is concerned, basic facts are covered, and therefore would be useful for medical or nursing students, but would not serve the needs of trainees interested in incontinence or experts in the field.

Hashim Hashim

Nursing Standard announces Nurse of the Year 2008

Continence specialist Karen Logan has won the coveted title of Nursing Standard Nurse of the Year 2008. She received her prestigious award from Patients Association Trustee Edwina Currie at a special ceremony on March 27 at the Royal Opera House in Covent Garden, London, UK.



Karen's pioneering research has radically transformed the lives of her patients, enabling them to live a relatively normal life, where once they faced embarrassment, indignity and fear. Her work helps patients with long-term conditions, such as multiple sclerosis, who may have to learn to catheterise themselves as part of their treatment. 'Initially it can be devastating for patients when they're first told that this is what they'll need to do for the rest of their lives,' says Karen, who is nurse consultant and head of continence services at Gwent Healthcare NHS Trust in South East Wales. 'You need an experienced nurse to hold their hand at every stage,' Karen says. 'If a patient isn't properly supported or has a bad experience early on, they give up - and that can have severe effects on their health and damage their self-esteem.'

Now thanks to Karen's study - which for the first time looked at the experience from the patients' viewpoint - skilled nurses are able to give expert help, dramatically improving patients' quality of life. 'Eventually it just becomes a normal part of daily living,' says Karen. 'Patients accept it, they're no longer in discomfort or pain - they're back in control!'



Karen Logan with PM Gordon Brown

Internet Corner

<http://consensus.nih.gov:80/2007/2007IncontinenceSOS030main.htm>

Part of the National Institutes of Health (NIH) Consensus Development Program, this link takes you to information about the report on the NIH State-of-the-Science Conference: *Prevention of Fecal and Urinary Incontinence in Adults*, December 10-12, 2007. A link on this page takes you to the Final Statement published on the Annals of Internal Medicine website: <http://www.annals.org/cgi/content/full/0000605-200803180-00210v1>.

<http://www.indoorcat.org/pugo>

PUGO (Pain of Urogenital Origin) is a special interest group of the International Association for the Study of Pain (IASP). This new website has a link to the Events page with details of the *Update on Urogenital Pain: Current Issues and Controversies* meeting, to be held 15-16 August 2008 in Glasgow, prior to the World Congress on Pain.

It's also worth looking at the parent IASP website www.iasp-pain.org since it has a collection of fact sheets including one on Chronic Pelvic Pain in eight languages.

<http://www.thecochranelibrary.com>

The Cochrane Library is an electronic library that contains high quality health care information, including systematic reviews from The Cochrane Collaboration (www.cochrane.com), a UK registered charity and the world's leading producer of systematic reviews. These reviews bring together research on the effects of health care and are considered the gold standard for determining the relative effectiveness of different interventions.

<http://www.nice.org.uk/cg40>

Clinical guidelines on urinary incontinence from the National Institute for Health and Clinical Excellence (NICE) from the UK.



INTERNATIONAL CONTINENCE SOCIETY EDUCATIONAL COURSE

Istanbul, Turkey, 29 - 30 August, 2008

MAIN TOPICS

- Stress Urinary Incontinence
- How and why tapes work!
- Surgery for Pelvic Organ Prolapse
- Post Prostatectomy Incontinence
- OAB
- Neurourology
- Urological Management of Neurogenic Bladder Dysfunction

In conjunction with The Turkish Continence Society

ISTANBUL 2008

Cairo Courses and Workshops

MONDAY AM		
Education Course 1	Abdul Sultan & Raneef Thakar	Hands-on workshop on repair of obstetric third/fourth degree tears
Education Course 2	Ajay Singla	Surgical Management of Stress Urinary Incontinence in Men
Education Course 3	Wendy Bower	The Role of Urodynamic Investigations in Adolescents: Implications of Practice and Interpretation
Education Course 4	Helmut Madersbacher	Basic neuro-urology
Workshop 14	Hashim Hashim	Update on the Management of Overactive Bladder Syndrome
Workshop 15	Paulo Palma	3-D anatomy for minimally invasive contemporary surgery
Workshop 16	Christopher Fry	The urothelium in health and disease
Workshop 17	Hans Peter Dietz	Pelvic Floor Ultrasound
Workshop 18	Jeannette Potts	A new era for the approach to Chronic Pelvic Pain Syndromes
Workshop 19	Massimo Porena	The challenge of inhibitory therapies for overactive bladder

MONDAY PM		
Education Course 5	Jacques Corcos	Advanced neuro-urology
Education Course 6	Lewis Wall	Ethical Issues in the Use of New Devices & Implants
Workshop 20	Hans Peter Dietz	Pelvic Floor Ultrasound - Practice
Workshop 21	Marcus Drake	Developing a new treatment device; how to get an idea to the marketplace
Workshop 22	Françoise A. Valentini	Modelling in Urodynamics: Why modelling, Which Models, For what use?
Workshop 23	Peter F.W.M. Rosier	Detrusor contractility during voiding, What is known, What standards do we have?
Workshop 24	Lesley Hanson	Non-surgical management of incontinence and prolapse with vaginal support devices; A low risk treatment option for women of all ages
Workshop 25	Kari Bo	Strategies to implement pelvic floor muscle training during pregnancy and after childbirth
Workshop 26	Sherif Mourad	Practical Aspects of Bulking Agents in the Treatment of Pelvic Floor Dysfunction
Workshop 27	Ruth Sapsford	A Look Beyond the Pelvic Floor - Neuromechanical and Physiological Factors that Affect Continence and other Pelvic Functions

TUESDAY AM		
Education Course 7	Gordon Hosker, Derek Griffiths & Christopher Payne	Good Urodynamic Practice
Education Course 8	Gunnar Lose	Mixed Urinary Incontinence (MUI) in Women
Education Course 9	Diaa E.E. Rizk	Challenges to Continence Promotion in the Middle East
Education Course 10	Mandy Wells	The Burden of Continence in the elderly:- Taking a different approach
Workshop 28	Firouz Daneshgari & Mauro Cervigni	Pelvic Organ Prolapse Repairs: With or without mesh - Choices and Outcomes
Workshop 29	Sohier Elneil	Learning from the Obstetric Fistula: Its role in Modern day Urogynaecology and Female Urology
Workshop 30	Chantale Dumoulin	Physical Therapies for Urinary Incontinence
Workshop 31	Bert Messelink	Pelvic floor function and dysfunction in men
Workshop 32	Brigitte Schurch	Botulinum Toxin in the overactive bladder and BPH
Workshop 33	John Heesakkers	Treatment of LUT dysfunction by means of electrical stimulation: scientific foundation and clinical applications

TUESDAY PM		
Education Course 11	Julia Herbert	Assessment, management and treatment of Lower Bowel Dysfunction
Education Course 12	Marijke Van Kampen	Measurement of pelvic floor muscle function - Bridging Science and Clinical Practice
Education Course 13	Linda Brubaker	Prolapse: Pearls and Pitfalls
Workshop 34	Simon Podnar	Neurology and clinical neurophysiology for uro-clinicians
Workshop 35	Elisabetta Costantini	Outcome and management of complications after urogynecological surgery
Workshop 36	Mandy Fader	Skin health and incontinence: evidence-based practice and current research
Workshop 37	Carlos Arturo Levi D'Ancona	Innovation in the Treatment of Male Urinary Incontinence
Workshop 38	Mamdouh M. Koraitim	The male urethral sphincter complex
Workshop 39	Hessel Wijkstra	Practical relevance of non-invasive tests for diagnosing bladder outlet obstruction (BOO) in men
Workshop 40	Francesco Pesce	The Overactive Pelvic Floor: An Integral View Of Various Clinical Conditions

For information go to www.ics-meeting.com