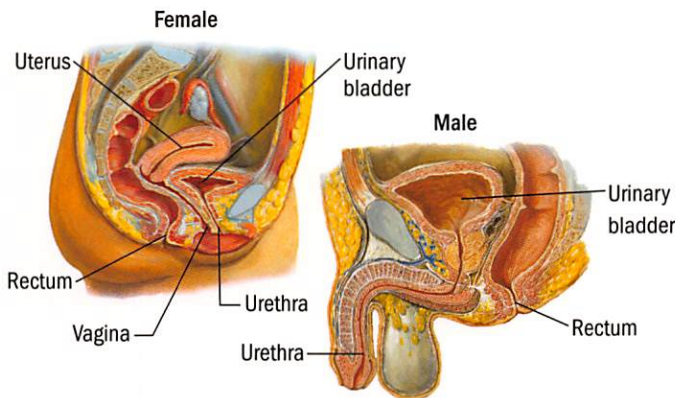


MANAGING YOUR URINARY INCONTINENCE

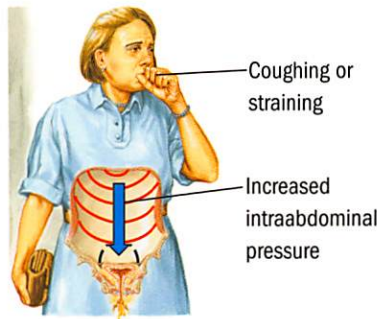


Urinary incontinence is a very common disorder where one is unable to control urine flow in certain situations.

Types of incontinence



Urge incontinence: losing urine on the way to the bathroom or going to the bathroom too often



Stress incontinence: loss of urine in a gush or spurt from certain activities (coughing, sneezing, lifting, etc.)

What Is Urinary Incontinence?

Urinary incontinence is the uncontrollable loss of urine. It is very common, especially in women. Up to 60% of women have incontinence.

What Are the Causes of Urinary Incontinence?

The two most common types are stress incontinence and urge incontinence. Stress incontinence is losing urine in a spurt or gush with certain activities (e.g., coughing, sneezing, lifting, exercising). It can be caused by childbirth or growing older. Urge incontinence is losing urine on the way to the bathroom. It can be caused by drugs, caffeine, alcohol, or growing older. Many bladder problems worsen during menopause.

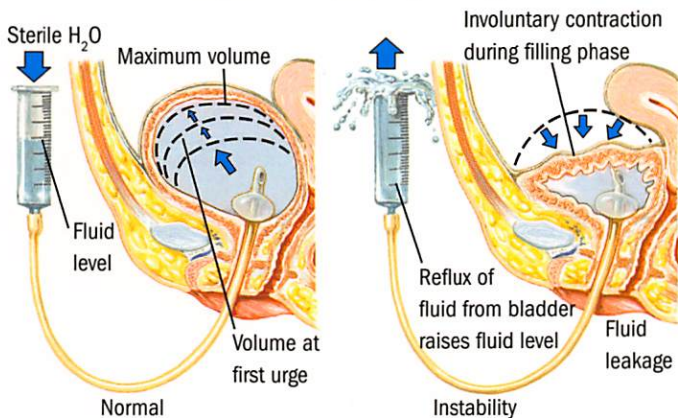
What Are the Symptoms of Urinary Incontinence?

In very mild incontinence, a small amount of urine sometimes leaks (dribbles) during a cough or sneeze, or on the way to the bathroom. In mild to moderate incontinence, urine leaks daily and/or a pad is needed for protection. In severe incontinence, urine soaks a pad several times each day. Incontinence may limit daily activities.

How Is Urinary Incontinence Diagnosed?

Diagnosis involves taking a medical history, x-rays, blood tests, urinalysis, and other tests to see how the bladder works. These tests, called urodynamic tests, measure pressure in the bladder, urine flow, and the amount of urine left in the bladder after urination.

Urodynamic test (simple cystometry)



Urodynamic tests measure pressure in the bladder, urine flow, and the amount of urine left in the bladder after urination.