



# URINARY INCONTINENCE

**Do you frequently urinate when you cough or sneeze?**

**Do you have the urge to urinate suddenly without any warning?**

**Are these conditions affecting your daily lifestyle?**

If so, you may have a condition called Urinary Incontinence.

Urinary incontinence is a common and most times embarrassing condition.

## What is Urinary Incontinence?

Urinary incontinence is leaking of urine that you can't control. Many American men and women suffer from urinary incontinence. It is still unknown of how many individuals suffer from UI due to many people do not tell anyone that they are suffering. However, urologyhealth.org does indicate that a quarter to a third of men and women in the U.S. suffer from urinary incontinence. That means millions of Americans. About 33 million have overactive bladder (also known as OAB representing symptoms of urgency, frequency and with or without urge incontinence.

Not only is Urinary Incontinence a medical problem but it can also be an emotional deficit as well effecting your lifestyle. Many people who have urinary incontinence are afraid to do normal daily activities. They don't want to be too far from a toilet. Urinary incontinence can keep people from enjoying life.

## What are the types of urinary incontinence?

Urinary incontinence is not a disease. It is a symptom of many conditions. Causes may differ for men and women. But it is not hereditary. And it is not just a normal part of aging.

### These are the four types of urinary incontinence:

#### Stress Urinary Incontinence (SUI)

With SUI, weak pelvic muscles let urine escape. It is one of the most common types of urinary incontinence. It is common in older women. It is less common in men.

SUI happens when the pelvic floor muscles have stretched. Physical activity puts pressure on the bladder. Then the bladder leaks. Leaking may happen with exercise, walking, bending, lifting, or even sneezing and coughing. It can be a few drops of urine to a tablespoon or more. SUI can be mild, moderate or severe.

There are no FDA approved medicines to treat SUI yet, but there are things you can do. Ways to manage SUI include "Kegel" exercises to strengthen the pelvic floor. Lifestyle changes, vaginal and urethral devices, pads, and even surgery are other ways to manage SUI.

#### Overactive Bladder (OAB)

OAB is another common type of urinary incontinence. It is also called "urgency" incontinence. OAB affects more than 30% of men and 40% of women in the U.S. It affects people's lives. They may restrict activities. They may fear they will suddenly have to urinate when they aren't near a bathroom. They may not even be able to get a good night's sleep. Some people have both SUI and OAB and this is known as mixed incontinence. With OAB, your brain tells your bladder to empty - even when it isn't full. Or the bladder muscles are too active. They contract (squeeze) to pass urine before your bladder is full. This causes the urge (need) to urinate.

The main symptom of OAB is the sudden urge to urinate. You can't control or ignore this "gotta go" feeling.

Another symptom is having to urinate many times during the day and night. OAB is more likely in men with prostate problems and in women after menopause.

It is caused by many things. Even diet can affect OAB. There are a number of treatments. They include life style changes, drugs that relax the bladder muscle, or surgery.

#### Mixed Incontinence (SUI and OAB)

Some people leak urine with activity (SUI) and often feel the urge to urinate (OAB). This is mixed incontinence. The person has both SUI and OAB.

#### Overflow Incontinence

With overflow incontinence, the body makes more urine than the bladder can hold or the bladder is full and cannot empty thereby causing it to leak urine. In addition, there may be something blocking the flow or the bladder muscle may not contract (squeeze) as it should.

One symptom is frequent urinating of a small amount.

Another symptom is a constant drip, called "dribbling." This type of urinary incontinences is rare in women. It is more common in men who have prostate problems or have had prostate surgery.



# Treatment:

**Urinary incontinence can affect your daily activities. If urinary incontinence is affecting your daily life, don't hesitate to see your doctor.**

**For most people, simple lifestyle changes or medical treatment can ease discomfort or stop urinary incontinence. Contact Dr. Sweetland to hear about your options for help.**

SOURCES:

webmd.com, urologyhealth.org, mayoclinic.org