

# URINARY INCONTINENCE

Urinary incontinence is the loss of bladder control. As a result, a person may leak urine by accident. Urinary incontinence can range from mild leaking to uncontrollable wetting.



Normally the bladder can hold between **10 - 17 fluid ounces**. However, the urge for urination occurs when the bladder is about  $\frac{1}{4}$  full.

## 6 risk factors for urinary incontinence:

1. age
2. gender
3. being overweight
4. smoking
5. family history
6. health conditions like diabetes

## 5 COMMON TYPES OF URINARY INCONTINENCE:

- **Stress incontinence.** When urine leaks when there's pressure on the bladder like during exercise, coughing, sneezing, laughing, or lifting heavy objects.
- **Urge incontinence, also known as overactive bladder.** When you have a sudden need to urinate and urine leaks out.
- **Overflow incontinence.** When the body makes more urine than the bladder can hold or the bladder gets too full, which causes leaking or "dribbling".
- **Functional incontinence.** When older people who have normal bladder control, but have problems getting to the toilet in time because of health conditions like arthritis that make it hard to move quickly.
- **Mixed incontinence.** When you experience more than one type of urinary incontinence.

**200**  
MILLION

Estimated number of people worldwide who have urinary incontinence.



## MEN AND URINARY INCONTINENCE FACTS

- 1** An enlarge prostate, also known as benign prostatic hyperplasia (BPH), may cause urinary incontinence
- 2** The side effects of prostate cancer treatment may also cause urinary incontinence in some men.

**2** groups commonly affected by urinary incontinence are **adults over the age of 70 and women.**

## 6 TREATMENTS FOR URINARY INCONTINENCE:

1. Lifestyle changes
2. Kegel exercises
3. Physical therapy
4. Medications
5. Devices
6. Surgery

Products such as absorbent pads and adult diapers can also help manage incontinence. **Talk to your doctor about the right option for you.**

**33**  
MILLION

Estimated number of people in the U.S. who have overactive bladder.

**40**  
PERCENT

of U.S. women affected by overactive bladder.

**30**  
PERCENT

of U.S. men affected by overactive bladder.

National Headquarters: 1000 Corporate Boulevard, Linthicum, MD 21090

Phone: 410-689-3990 • Fax: 410-689-3878 • 1-800-828-7866 • info@UrologyCareFoundation.org • www.UrologyHealth.org

UrologyCareFoundation @UrologyCareFdn @UrologyCareFdn UrologyCareFoun

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