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URINARY INCONTINENCE

What Is Incontinence?

Urinary incontinence is the inability to stop urine leakage. Incontinence can be so embarrassing that it interferes with living a normal, full life. But there are several ways to control it. There are different types of incontinence along with management and treatment options.

Incontinence Is Common

If you have trouble controlling your bladder, you are not alone. Loss of bladder is a common problem, shared by millions of Americans. Incontinence can rob you of sleep and leave you exhausted. It can make travel awkward and keep you from enjoying physical activity. Despite these frustrations, fewer than half the people with incontinence seek help. Many feel too embarrassed, while others don't realize that help is available.

Incontinence Is Treatable

The successful treatment of incontinence begins with an accurate diagnosis. Then you and your doctor can discuss your treatment options. These may include certain medications, exercises and other therapy to help strengthen muscles, procedures to help stop leakage, or surgery. Incontinence can be controlled and, in many cases even cured.

TYPES OF INCONTINENCE

There are different types of incontinence: URGE (also known as overactive bladder), STRESS, and OVERFLOW. You may have only one type. Or you may have urge incontinence along with one of the other types (mixed incontinence). All people with incontinence have bladder control problems. Each type of incontinence has its own pattern of signs and symptoms.

URGE INCONTINENCE or OVERACTIVE BLADDER:

- *Wet them if they don't get to a bathroom immediately.
- *Get up frequently during the night to urinate.
- *Go to the bathroom at least every two hours.
- *Feel they have a weak bladder. Each drink of coffee, cola, or alcohol seems to cause urination out of proportion to the amount they actually drink.

STRESS INCONTINENCE:

- *Leak urine when they cough, sneeze, or laugh.
- *Go to the bathroom more frequently in order to avoid accidents.
- *Avoid exercise because they are afraid it will cause leaks.
- *Sleep through the night, but leak upon getting up from bed in the morning.
- *Sometime leak urine when they get up from a chair.

OVERFLOW INCONTINENCE:

- *Get up frequently during the night to urinate.
- *Take a long time to urinate and have a weak, dribbling stream with no force.
- *Urinate small amounts and not feel completely empty afterward.
- *Dribble urine throughout the day.
- *Feel the urge to urinate, but sometimes can't.