

# URINE INCONTINENCE

**Urinary incontinence** is an unintentional leakage of urine. Having to *rush to the toilet*, especially at night, increases the chance of falling.

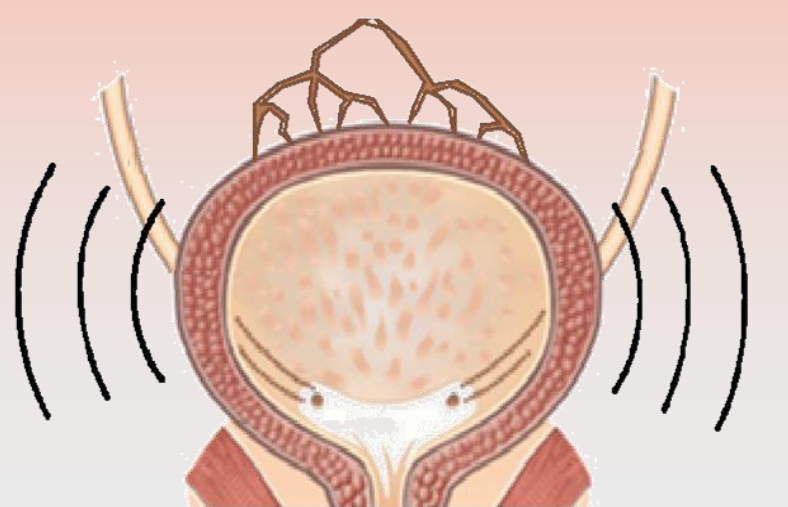


It can be a result of a urinary tract infection but it is usually due to a *chronic condition*.

The 2 most common incontinence encountered:

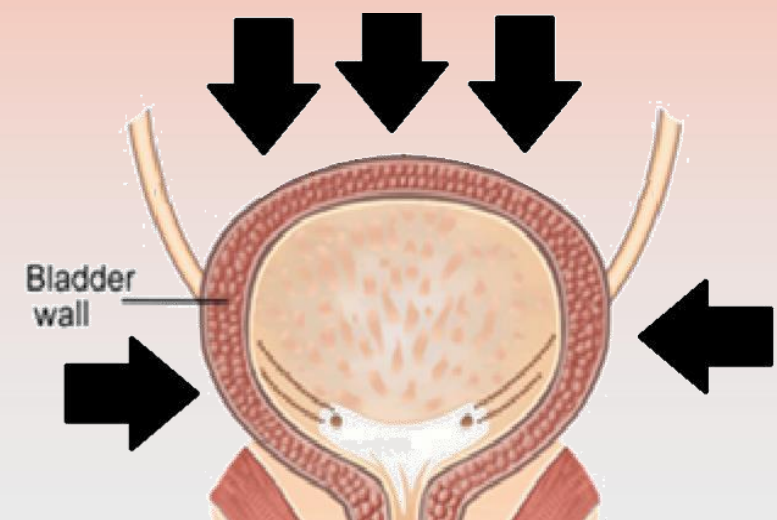
## Urge Incontinence

This occurs when there is urgency before or at the time of urine leakage. It is a result of neurological disorders or over sensitivity of the bladder from infections, etc.



## Stress Incontinence

This is a leakage of urine in relation to a physical activity such as a cough, sneeze, laugh or physical exercise. It is a result of weak pelvic floor muscles.



## What can you do if you have urine incontinence?

- ✓ Pelvic floor exercises can help with stress incontinence
- ✓ Bladder training: either through timed voiding or habit training
- ✓ Medications are available to treat urge incontinence
- ✓ Surgical options are available for stress incontinence in females; and for prostate enlargement with symptoms in men
- ✓ Use of continence aids or adaptive devices

