

## Controlling the Bladder Symptoms in Adults

### What Is Urinary Incontinence?

Urinary incontinence is the inability to control urination, which leads to leakage of urine. It is a common condition which can occur in all age groups. Normally urine gets collected in a sac like structure called bladder. When the bladder gets full one feels the desire to pass urine. Normally one can control urination until one reaches the appropriate place, but in case of incontinence the control is lost. It may be associated with other urinary symptoms like frequently visiting the toilet to pass urine and getting up at night to urinate.

There are three types of urinary incontinence:

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- Urge incontinence (Overactive bladder): In this type of incontinence you get a strong feeling to pass urine but before you reach the toilet some amount of urine leaks out.
- Stress incontinence: In this type of incontinence there is leakage of urine resulting from activities applying pressure on the bladder like laughing, coughing, sneezing, exercising, or lifting something heavy.
- Mixed incontinence is a combination of stress and urge incontinence.

#### ▶ You Should Know...

Urinary incontinence is very common, can be treated, and is not a natural part of aging.

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### What Are The Causes Of Urinary Incontinence?

Urinary incontinence is twice as common in women as compared to men.

Pregnancy and child birth are the common risk factors associated with incontinence in women whereas neurologic injury and prostate surgery are the common causes of incontinence in men.

Other common causes of incontinence in both men and women are:

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- Aging
- Obesity
- Urinary tract infection

### How Is Urinary Incontinence Treated?

- Incontinence can be treated with some dietary modifications and by learning methods to gain control over the

bladder.

- Pelvic floor exercises: These are the simple exercises which strengthen the muscles around bladder.
- Medications: There are effective medicines available for treatment of incontinence. Depending on the type of incontinence you may be advised one or more treatment options by your doctor.
- Surgery: If initial treatment fails, surgery may be needed.

#### ▶ You Should Know...

Urinary incontinence can happen to people of all ages, and it can easily be managed & treated with help of medication.

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## Urinary Incontinence: Myths And Facts

### ▶ Myth 1 : Incontinence is an Uncommon Problem

Fact: It is a very common problem.

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- Million's of people have urinary incontinence.
- It is a hidden problem because many people are too embarrassed to speak openly about it.
- Both men and women can have this problem.

### ▶ Myth 2: Urinary Incontinence is a Natural Part of Aging

Fact: Getting older does not cause incontinence.

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- A leakage of urine is never normal at any age although it is more common in older people.
- Don't just accept it. Get advice and help so you can have a better life.

### ▶ Myth 3: There is No Treatment or Help

Fact: Effective treatment options are available to manage urinary incontinence.

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- The first step is to get a proper assessment and advice. Visit your doctor today.

## Urinary Incontinence

### ▶ It's Hard to Talk About!

Ask yourself these questions:

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1. Do you leak urine when you laugh, cough, sneeze, lift something heavy or exercise?
2. Do you lose urine on the way to the bathroom or toilet?
3. Do you wet the bed at night?
4. Do you go to the bathroom frequently because you are afraid of wetting yourself?

If you answered 'yes' to any of the above, you may be suffering from urinary incontinence.

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You may feel embarrassed to talk about such a personal thing or, like many other, you may feel ashamed about loss of bladder control.

Urinary incontinence is a treatable medical condition. Millions of adults have the same problem. Half of those with urinary incontinence do not consult a doctor or even talk to their near ones. Urinary incontinence is not a life - threatening condition but it affects your dignity, self confidence and quality of life.

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Don't let incontinence hold you back from enjoying life

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Rating:



Your rating: None

Other Speciality:

General Medicine

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