



## What is Urinary Incontinence? (also known as Urinary Leakage)

### Urinary Incontinence is when you often:

- Rush to go to the bathroom and do not make it there in time.
- Leak urine when you cough, sneeze, laugh, exercise, or pick up heavy things.
- Need to use the bathroom often, and find wetness in your underwear.
- Feel as if you are still full after urinating, and leak a little urine afterwards.
- Wet the bed or your clothing.

These are **signs of incontinence**, and it means your bladder, the part of the body where urine is stored, is not able to hold your urine the right way.

This can lead to:

- Embarrassment
- Frustration, anger, and loneliness
- Worry about smell
- Family stress
- Problems at work
- Having to plan ahead for bathrooms

**Loss of bladder control** or **incontinence** may be caused by:

Infection	Bladder muscle problems
Damage to parts of the body	Confusion
Disease	Food and drinks such as soda, coffee, tea, alcohol, and spicy foods
Constipation	

### You are not alone.

Over half of adult women experience incontinence.

More women than men have incontinence.

**Incontinence can be managed so that you can lead a normal life.** Talk to your healthcare provider about helping you with a solution.

You can work with your healthcare provider to:

Manage the problem. This means you first need to find out why you have problems holding your urine.

Make a treatment plan. Bladder control can get worse; making a plan early is best.

Understand products that can help you live a normal life.

