

FAST FACTS: URINARY INCONTINENCE

WHAT IS IT

It is the unplanned loss of urine.

CAUSES

Many possible reasons cause women to leak urine. It can happen:

- after pregnancy or childbirth
- after menopause due to less estrogen
- after a hysterectomy
- when the muscles that help to hold or release urine are weakened
- as a result of constipation
- with physical problems associated with aging



SYMPTOMS

- Leakage of small amounts of urine during physical movement (e.g. coughing, sneezing, exercising)
- Leakage of urine at unexpected times
- Urinating more often and feeling the sudden need to go
- Frequent trips to the bathroom at night

LIFESTYLE MANAGEMENT

- Nutritional counseling
- Treatment of constipation
- Bladder retraining
- Weight reduction
- Kegel exercises
- Smoking cessation

TREATMENT OPTIONS

- Pelvic floor physical therapy
- Medications (short-term)
- Non-systemic vaginal estrogen
- Surgery

If you are experiencing symptoms of urinary incontinence, please talk to your primary care provider about treatment options.

