

## Common Myths

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**Myth: There is nothing that can be done about it**

*Fact: In most cases, it can be treated successfully. There are behavioral techniques, devices, drugs, or surgery available to help.*

**Myth: Incontinence is a normal part of aging**

*Fact: Incontinence is never normal at any age. Changes in your body make you more likely to experience incontinence as you age, but at any age it can usually be treated successfully.*

**Myth: The only successful treatment is surgery**

*Fact: There are also behavioral techniques and drugs used to treat urinary incontinence.*

**Myth: A little leakage once in awhile does not mean I should call my doctor**

*Fact: If any sort of leakage is troubling to you, it is worth a call to your doctor.*



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*visit us on the web at*

**[www.cassstpharmacy.com](http://www.cassstpharmacy.com)**

**MedPaks Division**

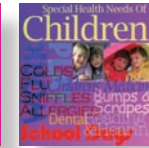
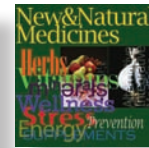
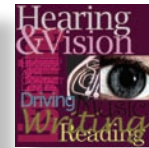
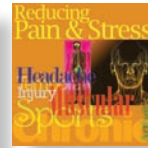
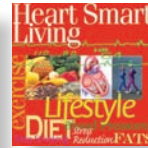
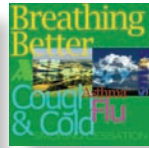
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## Urinary Incontinence



 **Cass Street Pharmacy**



## What is Urinary Incontinence?

- Incontinence is the involuntary loss of urine
- The leakage volume can vary from very small to considerable amount
- Incontinence is not an illness, it is a symptom that indicates a disturbance in your body functions
- At least 13 million Americans experience it

## Types of Urinary Incontinence

### Stress incontinence

- Is the most common type of incontinence
- Urine escapes during a cough, laugh, or sneeze

### Urge incontinence

- Also known as overactive bladder
- People with this type of incontinence often cannot get to the toilet in time when they have the urge to urinate

### Overflow incontinence

- This occurs when the bladder becomes so full that it overflows
- The bladder can overflow if the bladder muscle weakens or blockage prevents it from emptying properly
- An enlarged prostate (*commonly seen in men*) can cause blockage

## How is it Treated?

**There are four different options for treatment:**

1. Behavioral treatment
2. Devices
3. Medications
4. Surgery

*All options have different advantages and disadvantages. Combinations of different options are often used. It is important that you talk to your doctor about what would be the best option for you. There are experts available to help you at both Franciscan Skemp and Gundersen Lutheran in the Urology Departments if you would like more information.*

**Franciscan Skemp: (608) 785-0940**  
**Gundersen Lutheran: (608) 782-7300**

## What you can do to Reduce Urges?

### Lifestyle Changes

- Eliminate caffeine-containing drinks and food from your diet
- Reduce your fluid intake at night
- Decrease alcohol intake
- Quit smoking, if you smoke
- Weight loss, if you are overweight

### Bladder Training

- Set up short one to two hour intervals between urinating
- With regular bladder emptying, you should have fewer incontinent episodes
- By gradually increasing the intervals you can “retrain” your bladder to hold increased amounts of urine while decreasing incontinence episodes

### Pelvic Floor Exercises

- These are also known as Kegal exercises
- These are performed by tightening the muscles you use to control urination
- Try to hold the contractions for at least ten seconds
- These exercises should be performed about 30 to 80 times a day for at least eight weeks