



SENIOR HEALTH

Urinary Incontinence

WHAT IS IT?

Urinary incontinence is the inability to control urine loss from your body. Incontinence is not a disease, but a symptom or result of various problems. Unfortunately, many people don't seek treatment because they mistakenly believe that incontinence is a normal part of aging.

TYPES OF URINARY INCONTINENCE

► Stress Incontinence

This is the most common form of incontinence and can almost always be cured. It occurs while performing bodily movements, such as sneezing, coughing, laughing or lifting.

► Urge Incontinence

This occurs when it's impossible to hold the urine long enough to reach the toilet. It can stem from a neurological problem and is seen in adults with diabetes or dementia and in stroke sufferers. It's frustrating, but there are ways to manage this type of incontinence.

► Overflow Incontinence

This occurs when urine leaks from a full bladder, but the urge to urinate is not present. If the urethra is obstructed or the bladder muscle is weak, the urine may dribble out. Depending on the cause, it may be corrected with surgery, medication, catheterization or behavioral training.