

Incontinence

Leakage of urine, or incontinence, can be embarrassing. Amount of urine leakage can range from minimal dribbling to total loss of control. Incontinence can be caused by:

- muscles in the pelvis that are weak
- muscles of the bladder that are overactive
- a large prostate or other obstruction blocking normal flow of urine, or
- nerve damage from conditions such as spinal cord injury, multiple sclerosis or diabetes.

While incontinence is more common in older adults, urinary leakage is not caused by aging! If left unmanaged, urinary incontinence can cause skin rashes and sores, as well as infections.

Some patients leak when they cough, sneeze or change positions. This is call stress urinary incontinence (SUI). Others may feel an urgency to urinate that is so strong they have leakage on the way to the restroom; this is referred to as urge urinary incontinence (UUI).

Treatments for bladder leakage include exercises, medications, special devices and procedures or surgery designed for this purpose.

For more information on incontinence, please see this information from the National Institutes of Health and the Mayo Clinic:

<http://www.nlm.nih.gov/medlineplus/urinaryincontinence.html>

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