

Title: Incontinence: What it is and how it is treated.

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Key words: Stress incontinence, Urge incontinence, treatment

Abstract: Patients had greater symptomatic improvement with anticholinergic medication compared to bladder training. Additionally, better results were seen when anticholinergic medication was used in combination with bladder training. The main side effect of the medication was dry mouth.

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Incontinence is a condition that has a major impact on quality of life. If you are experiencing any of the symptoms of incontinence please speak with your doctor.

### Tips for preventing incontinence:

- Maintain a healthy weight
- Don't smoke
- Kegel exercises
- Avoid bladder irritants
- Eat more fiber
- Be active

### How your doctor will evaluate you for incontinence ?

- Take a medical history
- Perform a physical exam
- Check your urine for an infection
- Your doctor may perform special tests that look at bladder storage and how your bladder empties – this is called urodynamic testing
- You may also be asked to keep a bladder diary

#### **References:**

<http://www.mayoclinic.com/health/urinary-incontinence/DS00404>

[http://www.fda.gov/fdac/features/2005/505\\_inc ontinence.html](http://www.fda.gov/fdac/features/2005/505_inc ontinence.html)

#### **Reference of image:**

[www.ccmurology.com/.../urinary\\_incontinence .php](http://www.ccmurology.com/.../urinary_incontinence.php)

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Having trouble making it to the bathroom in time?



## Incontinence:

What is it and how is it treated?

It's estimated that 25 million adults in the US experience urinary incontinence

## What Is Incontinence?

Incontinence is an involuntary loss of bladder control. The symptoms can range from a mild leakage of urine to losing complete control of your bladder and soaking your clothing with urine.

## Types of Incontinence

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Overflow incontinence

## Stress Incontinence

Stress incontinence involves leakage of urine when coughing, sneezing or laughing. With these actions there is increased force on the bladder. Patients frequently leak urine because there is weakening of muscles that control the bladder.

**Common causes:** pregnancy, childbirth and menopause.

## Urge Incontinence

Also known as overactive bladder. It is frequently a sudden and strong urge to urinate. Patients have to urinate immediately, and often with these sudden urges patients are not able to make it to the bathroom in time.

**Common causes:** nerve damage from surgery or disease.

## Mixed Incontinence

This is usually a combination of stress and urge incontinence.

## Overflow Incontinence

This is when the bladder does not empty. Eventually the bladder becomes so full that it overflows.

**Common causes:** Obstruction, often caused by enlarged prostate

## Treatment

The treatment varies depending on the type of incontinence you experience. Treatment falls into 4 main categories, behavior, medication, devices and surgery.

For stress incontinence pelvic floor muscle strengthening (Kegels) and surgery are helpful.

For urge incontinence medication and behavior modification are useful. Behavior modification includes limiting caffeine and alcohol, scheduled toilet trips, and bladder training. Bladder training helps you hold a larger volume of urine for a longer period of time. Medications used include: Detrol, Ditropan, Sanctura, Enablex, and Vesicare. For more information about treatment talk with your doctor.