

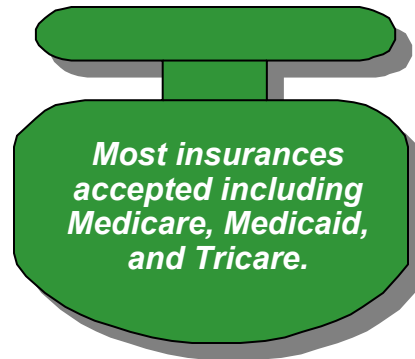
## You Are Not Alone!

- Urinary Incontinence (UI) affects 200 million people worldwide.
- 25 million adult Americans experience transient or chronic UI.
- One in four women over the age of 18 experience episodes of leaking urine involuntarily.
- One-third of men and women ages 30-70 have experienced loss of bladder control at some point in their adult lives and may be still living with the symptoms.
- Of men and women ages 30-70 who awaken during the night to use the bathroom, more than one-third get up twice or more per night to urinate, fitting the clinical diagnosis of nocturia. Of these adults, one in eight say they sometimes lose urine on the way to the bathroom.
- Two-thirds of men and women age 30-70 have never discussed bladder health with their doctor.
- One in eight Americans who have experienced loss of bladder control have been diagnosed.
- Men are also less likely to talk about it with friends and family, and are more likely to be uninformed.
- On average, women wait 6.5 years from the first time they experience symptoms until they obtain a diagnosis for their bladder control problem(s).

*Above information was obtained from the National Association For Continence.*



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**Lewis County  
Health System**

Your Health Partner

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**315-376-5225**

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**Take Control  
of Urinary  
Incontinence  
With Physical  
Therapy**



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## What is Incontinence?

**Urge Incontinence**—Sudden urge to use the bathroom. Frequently, you may not make it in time, and will have a medium to large loss of urine.

**Stress Incontinence**—Leakage with activity—especially laughing, sneezing, exercising, jumping etc. The primary cause is weak pelvic floor muscles.

**Mixed Incontinence**—Combination of both urge and stress incontinence.

**Functional Incontinence**—Urine leakage that occurs when a person can not get to the toilet in time.

### Common Causes of Incontinence

- Prostate Surgery
- High impact physical activity
- Pregnancy and childbirth
- Joint pain or muscle weakness
- Atrophy in muscles due to aging
- Bladder Infection or constipation
- Obesity
- Herniated discs in lower back
- Medications
- Irritable Bowel Syndrome
- Hormonal changes during menopause
- Chronic coughing
- Confusion, dementia, depression
- Environmental barriers (ie: use of a walker or cane, bathroom is too far away, )
- Problems with mobility

### Physical Therapy Can:

- Give you control over your life and bladder
- Save money and embarrassment by allowing less use of pads and undergarments
- Reduce use of medication for incontinence
- Possibly prevent the need for surgery

### Physical Therapy Treatment May Include

- Education on diet and nutrition to avoid food and drinks that may irritate the bladder
- Advice on how to change behaviors that make symptoms worse
- Techniques to help you find the right muscles and learn to use them correctly
- Exercises to strengthen the pelvic floor muscles
- Exercises to stretch and strengthen other important muscles
- Ways to decrease urinary urge and frequency
- Biofeedback that shows how your muscles are working

### Benefits of Treatment

- Decreased Leakage
- Improved muscle control during activities that stress the bladder
- Improved ability to void **WHEN** and **WHERE** you decide to
- Decreased odor, embarrassment, guilt, anger and laundry
- Increased confidence/self esteem



## Treatment of Incontinence

### Biofeedback:

A machine allows you to view your muscle contractions on a screen. You'll learn to use the muscles correctly when you "see" the results of your efforts. Biofeedback enhances improvement of muscle strength, coordination and endurance.

**Education:** The way you conduct normal, everyday activities may exacerbate your incontinence problem. Your therapist will help you devise lifestyle strategies designed to reduce incontinence.

### Bladder retraining and schedules for urinating

**Exercises:** Your physical therapist will go over various exercises that you can do at home to increase muscle strength in the pelvic floor.