

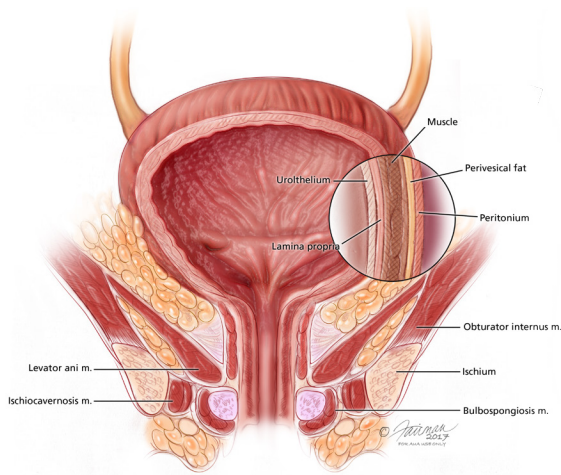
Stress Urinary Incontinence

Treatment for Men

What is Stress Urinary Incontinence (SUI)?

Stress Urinary Incontinence (SUI) is when urine leaks out of your body. It is caused by sudden pressure on the bladder and urethra. The pressure can overcome the sphincter muscles, or cause the sphincter muscles to open briefly, which allows urine to leak. With mild SUI, pressure may be from sudden forceful actions, like workouts, sneezing, laughing or coughing. More severe SUI is when you leak while doing less forceful actions such as standing up, walking or bending over. Urinary “accidents” like this can be a few drops of urine or enough to soak through your clothes.

Male Bladder Muscles



Types of Incontinence

Urinary incontinence is when you lose control over passing urine. There are two main types:

- **Stress Urinary Incontinence (SUI):** A small to moderate amount of urine is released, without control. This happens when you cough, sneeze or laugh.
- **Urge Urinary Incontinence (UII) or Overactive Bladder (OAB):** There is a sudden, uncontrollable need to pass urine. Leaks may be moderate to large.

What Causes SUI?

The most common risks for SUI are:

- Nerve injuries to the lower back
- Pelvic or prostate surgery
- Smoking (which leads to chronic coughing)
- Chronic coughing
- Being overweight

What are the Symptoms of SUI?

The main symptom of SUI is when urine leaks out during any action that puts pressure on your belly. These leaking “accidents” can be a few drops to enough to soak through clothes. With mild SUI, leaks may follow workouts, sneezing, laughing or coughing. If your SUI is more severe, you may also leak with standing up, walking or bending over.

How is SUI Treated?

Lifestyle Changes and Products: Making a few changes in your everyday life can help SUI symptoms. You can lose weight, stop smoking (to help you cough less) and strive for good health. Exercises, bladder training to plan bathroom visits, and SUI products may also help.



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- **Pelvic Floor Muscle Exercises (Kegels):** Daily Kegels are proven to strengthen your pelvic floor. This helps support the bladder and other organs. It is of great value to do Kegels correctly and regularly.
- **Absorbent Products:** As a quick-fix or long-term choice, absorbent pads may be used if leaks are not a major problem in your life. They come in many shapes and forms. They can be pads, or pull-on briefs.
- **Medical Devices for Men:** Men may be offered a penile clamp/clip to stop leaks. These clamps are used to limit the flow of urine from the penis.

Drugs: There are no drugs approved in the U.S. to treat SUI at this time. If you have mixed incontinence, your health care provider may tell you to take OAB drugs or treatments. They do not treat SUI, just OAB symptoms.

Surgical Treatment: If surgery is needed, there are many choices. Learn the risks and benefits, and what to expect during and after surgery before you decide. Aim to work with a urologist with experience in SUI surgery.

- **Sling:** A sling may be used to treat men with mild SUI. It acts as a hammock to lift or support the urethra and sphincter muscles. Slings for men are usually made of surgical mesh. Your doctor will cut in between the rectum and scrotum to place the sling. This type of sling is not as helpful for men who have had radiation to the prostate or urethra, or men with severe incontinence.
- **Artificial Sphincter:** An artificial sphincter has the highest success rate for correcting SUI in men with surgery. This surgery places a device with three parts into your body: (1) a fluid-filled cuff (the artificial sphincter) attached around your urethra; (2) a fluid-filled, pressure-regulating balloon, put in your belly; (3) a pump you control placed into in your scrotum. When you use the pump, the fluid moves out of the cuff of the artificial sphincter into the balloon, letting the urethra to open and the urine to flow. The cuff slowly refills with fluid and closes the urethra to stop leaks.

What Happens After Treatment?

The goal of any treatment for incontinence is to help your quality of life. Surgical treatments often work, mostly when blended with lifestyle changes. Keep up with daily Kegel exercises to maintain pelvic muscle strength. But, if you still have problems with SUI, talk with your health care provider about other choices.

About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, UrologyHealth.org/UrologicConditions or to go UrologyHealth.org/FindAUrologist to find a doctor near you.

Disclaimer

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