LOSS OF BLADDER CONTROL

It’s Not Just a “Female Problem”

MORE THAN 43 MILLION MEN AROUND THE WORLD HAVE LOSS OF BLADDER CONTROL. THIS IS ALSO KNOWN AS INCONTINENCE.

MORE THAN 25 MILLION PEOPLE IN THE UNITED STATES SUFFER FROM LOSS OF BLADDER CONTROL. OF THOSE, ABOUT 75% ARE WOMEN AND 25% ARE MEN.

MORE THAN 10% OF MEN OVER AGE 65 HAVE BLADDER CONTROL PROBLEMS.

WHEN IT IS NOT FULL, THE BLADDER IS ABOUT THE SIZE AND SHAPE OF A PEAR.

A HEALTHY ADULT BLADDER CAN HOLD NEARLY TWO CUPS OF URINE.

THREE COMMON TYPES OF MALE INCONTINENCE:

- STRESS URINARY INCONTINENCE (SUI)
  Urine leaks out when you cough, laugh, sneeze or lift something heavy.

- OVERACTIVE BLADDER
  Sudden and strong need to go to the bathroom. Sometimes you may lose a few drops of urine before making it to the bathroom.

- OVERFLOW INCONTINENCE
  Frequent dribbling of urine due to a bladder that doesn’t empty all the way.

WAYS TO HELP WITH LOSS OF BLADDER CONTROL:

1. Drink at least six-to-seven 8-ounce glasses of water a day
2. Pass up things that bother the bladder, such as caffeine, liquor and spicy foods
3. Lose weight
4. Do movements to help relax your bladder muscle

Remember, loss of bladder control in men is very common and nothing to be ashamed about. Work with your health care provider to find the right course of action for you.

Urology Care Foundation
The Official Foundation of the American Urological Association

For more information about incontinence, visit the Urology Care Foundation’s website: UrologyHealth.org