Have You Ever Accidentally Peeed While Laughing?

**It Could Be**

**Stress Urinary Incontinence**

SUI causes you to leak urine during exercise, when lifting something heavy or when you cough, laugh or sneeze.

1 in 3 women have SUI at some point in their lives

SUI is more common among older women but it can occur at any age

Almost 50% of women 65 and older have some form of urine leakage

To diagnose SUI, your doctor will ask questions about your symptoms and perform a physical exam.

You may be asked:

- To keep a “bladder diary” of when you go to the bathroom
- How much fluid you drink
- What you’re doing when the leakage happens

For more information about Bladder Health and SUI, visit the Urology Care Foundation’s website: UrologyHealth.org

**Causes You to Leak Urine During Exercise, When Lifting Something Heavy or When You Cough, Laugh or Sneeze.**

SUI is more common among older women but it can occur at any age.

1 in 3 women have SUI at some point in their lives.

Almost 50% of women 65 and older have some form of urine leakage.

The pelvic floor muscles hold your bladder in place until your brain tells your bladder to contract. Then, urine flows through the urethra.

- Your pelvic floor muscles hold your bladder in place until your brain tells your bladder to contract. Then, urine flows through the urethra.
- The urethra is the tube that carries urine from your bladder out of your body.
- With SUI, the muscles that control your ability to hold urine get weak or stop working.

**Severe Factors Contribute to SUI by Stretching, Weakening, or Damaging the Pelvic Floor Muscles.**

They include:

- Obesity or being overweight
- Smoking
- Chronic coughing
- Pregnancy or childbirth
- Nerve injuries to the lower back
- Pelvic surgery

There are options to manage this common condition. They may include:

- Changing your diet and fluid intake
- Wearing liners or pads
- Doing Kegel exercises to strengthen your pelvic floor muscles
- Having surgery

As of today, there are no drugs in the United States approved to treat SUI.

Brought to you by the Urology Care Foundation, The Official Foundation of the American Urological Association

For more information about Bladder Health and SUI, visit the Urology Care Foundation’s website: UrologyHealth.org