

Have You Ever Accidentally PEED 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.

SEVERAL 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

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

GOOD NEWS!

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

1 IN 3 WOMEN HAVE SUI AT SOME POINT IN THEIR LIVES

SUI IS MORE COMMON AMONG OLDER WOMEN

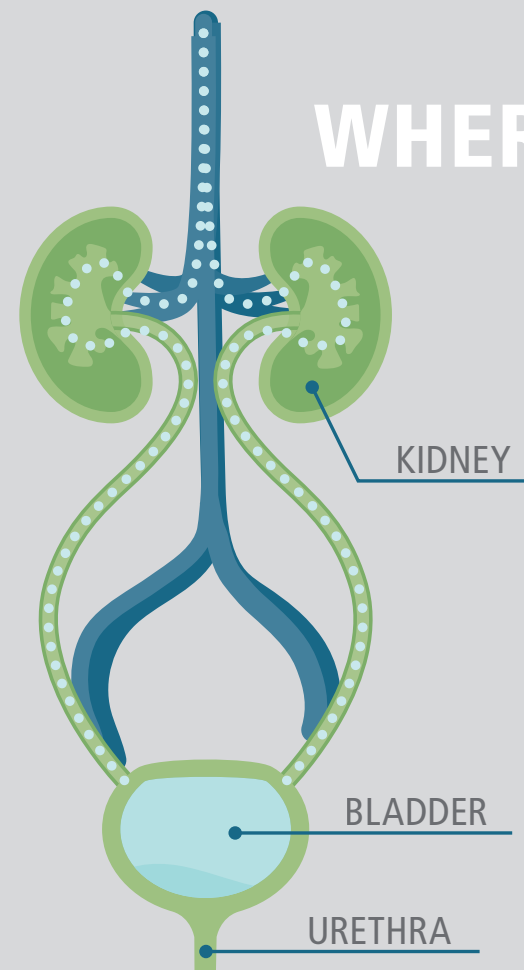
but it can occur at any age

ALMOST

50% OF WOMEN | **65** AND OLDER

HAVE SOME FORM OF URINE LEAKAGE

YOUR BLADDER IS THE PLACE WHERE URINE IS STORED UNTIL YOU'RE READY TO GO TO THE BATHROOM



- 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.



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