Urinary incontinence is the loss of bladder control. As a result, a person may leak urine by accident. Urinary incontinence can range from mild leaking to uncontrollable wetting.

The bladder is the size of a large grapefruit. Normally the bladder can hold between 10 - 17 fluid ounces. However, the urge for urination occurs when the bladder is about ¼ full.

6 risk factors for urinary incontinence:

1. age
2. gender
3. being overweight
4. smoking
5. family history
6. health conditions like diabetes

Estimated number of people in the U.S. who have overactive bladder.

33 MILLION

40 PERCENT

30 PERCENT
Urinary Incontinence

5 COMMON TYPES OF URINARY INCONTINENCE:

- **Stress incontinence.** When urine leaks when there’s pressure on the bladder like during exercise, coughing, sneezing, laughing, or lifting heavy objects.
- **Urge incontinence, also known as overactive bladder.** When you have a sudden need to urinate and urine leaks out.
- **Overflow incontinence.** When the body makes more urine than the bladder can hold or the bladder gets too full, which causes leaking or “dribbling”.
- **Functional incontinence.** When older people who have normal bladder control, but have problems getting to the toilet in time because of health conditions like arthritis that make it hard to move quickly.
- **Mixed incontinence.** When you experience more than one type of urinary incontinence.

200 MILLION

Estimated number of people worldwide who have urinary incontinence.

If you have urinary incontinence, limit your intake of alcohol, caffeine, and carbonated drinks like soda and sparkling water. They can irritate your bladder.

MEN AND URINARY INCONTINENCE FACTS

An enlarge prostate, also known as benign prostatic hyperplasia (BPH), may cause urinary incontinence.

The side effects of prostate cancer treatment may also cause urinary incontinence in some men.

2 groups commonly affected by urinary incontinence are adults over the age of 70 and women.

TREATMENTS FOR URINARY INCONTINENCE:

1. Lifestyle changes
2. Kegel exercises
3. Physical therapy
4. Medications
5. Devices
6. Surgery

Products such as absorbent pads and adult diapers can also help manage incontinence. Talk to your doctor about the right option for you.