

Have You Ever Accidentally **PEED WHILE LAUGHING?**

IT COULD BE STRESS URINARY INCONTINENCE

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(SUI) OCCURS WHEN YOU LEAK URINE DURING EXERCISE, WHEN LIFTING SOMETHING HEAVY OR WHEN YOU COUGH, LAUGH OR SNEEZE.

IN SOME CASES

Women can leak urine just from standing up, walking, or bending over.

If you leak urine, talk to your doctor about your options.

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

AND ALMOST

50%

OF WOMEN

65

AND OLDER

HAVE SOME FORM OF URINE LEAKAGE

SUI IS MORE COMMON AMONG OLDER WOMEN, BUT IT CAN OCCUR AT ANY AGE.

GOOD NEWS!

**THERE ARE OPTIONS
TO MANAGE THIS
COMMON CONDITION**

Stress Urinary Incontinence

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

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.

TREATMENT OF SUI MAY INCLUDE:

- Simple diet and fluid intake changes
- 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.

