



Pelvic
Health

9 FACTS ABOUT
INCONTINENCE

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10 FACTS ABOUT URINARY INCONTINENCE



SOUTHEAST
PHYSIOTHERAPY

FACT #1 Incontinence is NOT the same for everyone

There are several different types of incontinence, (laid out in our Urinary Incontinence eBook). The two most common types of incontinence are:

- *Stress incontinence*, which occurs with pressure on the bladder from activity such as coughing, sneezing or running causes urine loss.
- *Urge incontinence*, also known as “overactive bladder,” which causes urine loss with a strong and sudden urge to urinate.

FACT #2 While Urine Leakage is common, it is NEVER normal

As many as 3.3 million Canadians — nearly 10% of the population — experience some form of urinary incontinence. These are not all resulting from childbirth or aging.

FACT #3 Your diet can affect your bladder

Foods high in acidity irritate the bladder causing increased urgency and frequency of urination. Try not avoid diet pop or other artificially flavored drinks and foods. These sweeteners contain chemicals and dyes that irritate the bladder lining, causing increased urgency and frequency.

FACT #4 Going “just in case” is never helpful

When you relieve yourself before your bladder is full, just in case, you are training your nervous system to urge your bladder more frequently. Only go to the washroom when you actually have to!

FACT #5 Childbirth can contribute to incontinence issue, but is not the sole cause

Not all women who have given birth will develop incontinence, and women who have never been pregnant may become incontinent. While childbirth can contribute to factors that cause incontinence, as your pelvic floor may weaken during pregnancy and childbirth, it is not **THE** cause of urinary incontinence.

FACT #6 Incontinence is not just a female problem; many men also struggle with this issue

Many Canadian men experience some kind of incontinence. 3.5% of men over the age of 15 years old experience moderate to severe incontinence, the number of Canadian men living with incontinence in Canada is close to half a million (474,009).

FACT #7 Urinary incontinence is not a normal part of aging.

Many people are under the impression that leaking or dribbling a bit of urine as you age is a common thing. Leaking urine, at any age beyond infancy is not normal & there can be many contributing factors to their urinary incontinence.

FACT #8 Drinking enough water can help

Its recommended that adults drink around 8 glasses (8ounces each) of water each day. Limiting your liquid intake causes a concentration of

urine in smaller amounts. This irritates the bladder, causing an urgency to empty more often.

FACT #9 Kegels aren't always the answer

Kegel exercises - or squeezing the pelvic floor muscles are one form of treatment for bladder leakage. However, these exercises are not for everyone. Often, athletes have pelvic floor muscles that are too tight. So, more exercising will not solve the problem.

FACT #10 A Physical Therapist can help!

Working with a physical therapist who is trained in pelvic health is an effective way to solve bladder leakage. A Pelvic Health PT can work with you to find the root cause of the problem and design a specific treatment program for your type of urinary incontinence.