

Bladder Health Month Fact Sheet

Bladder Control Fast Facts

There are two main bladder control issues that affect women:
stress urinary incontinence and overactive bladder

Voices for **PFD**

Overactive bladder (OAB) is a complex condition affecting about 15% of women across all ages. Also called urge incontinence, overactive bladder is leakage of urine accompanied by a sensation of the need to urinate, or the impending sense that a large leak is going to happen.

Bladder control problems affect 30% to 50% of women.

Stress urinary incontinence (SUI) is loss of urine that occurs at the same time as physical activities that increase abdominal pressure (such as sneezing, coughing, laughing, and exercising).

Urinary incontinence affects men and women, although it is nearly twice as common in women.



Bladder control issues are NOT a normal part of aging.

Many women find that these symptoms begin to limit their physical or social activities.

FAQs



Are there different types of urinary incontinence?
Yes! The most common types of women's incontinence are stress urinary incontinence (SUI) and urge incontinence, also called overactive bladder (OAB). Many women often have symptoms found in more than one category (i.e., mixed incontinence).



Is there a link between pregnancy and incontinence?
Pregnancy incontinence is not an official type of incontinence, and incontinence related to pregnancy often resolves in the first few months after delivery. However, urinary incontinence associated with pregnancy may signal the development of more troublesome incontinence in the future.



What are my treatment options?
Depending upon the extent of your symptoms and treatment goals, there may be one or more options for your bladder control problem. Treatment options include lifestyle and behavior changes, pelvic floor muscle exercises, physical therapy, vaginal devices like pessaries, UI medicines, or procedures such as nerve stimulation, Botox and bulking agents, or surgery.

Common Bladder Control Questions

Prevention Methods



Manage Fluids

Manage your daily fluid intake and avoid bladder irritants like coffee, tea and carbonated drinks.



Get Moving

Regular exercise is important for maintaining healthy bowel and bladder function. Do kegel exercises to keep your pelvic floor muscles in shape, too.



Maintain a Healthy Weight

Overweight women have a greater risk for developing incontinence.



Don't Smoke

Smoking increases your risk of UI.

For more information, visit VoicesforPFD.org

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