

# Have a leaky bladder? You're not alone

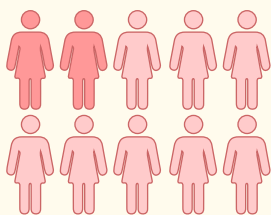
Urinary incontinence is more common than it appears

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## WHO DOES URINARY CONTINENCE AFFECT?



Around **14.5%** of people in Asia suffer from urinary incontinence



In Singapore, about **10% -20% of women** suffer from stress urinary incontinence

## COMMON CAUSES

- Urinary tract infections
- Side effects of certain medications
- Pregnancy and natural childbirth, leading to pelvic floor damage
- Menopausal changes
- Ageing
- Stroke, dementia
- Spinal cord diseases or injuries
- Restricted physical mobility
- Obesity, heavy lifting, constipation, chronic cough

## TYPES OF URINARY INCONTINENCE



**Stress incontinence:** Due to physical activities such as coughing, sneezing, laughing, exercising or lifting. Common causes include pregnancy, childbirth, obesity and pelvic organ prolapse.



**Urge incontinence:** A sudden, intense urge to urinate. This type is often linked with overactive bladder conditions.



**Mixed incontinence:** A combination of both stress and urge incontinence.



**Overflow incontinence:** Unrelated to physical exertion or urgency and can result from conditions such as stroke, dementia, diabetes mellitus or complications following childbirth or surgery.



**True incontinence:** Continuous leakage due to congenital urinary tract abnormalities or a fistula. This is a rare complication following gynaecological surgery.



## TREATMENT FOR URINARY INCONTINENCE

- Lifestyle changes — limit fluid intake, especially diuretics such as caffeine and alcohol; reduce weight
- Pelvic floor muscle exercises (Kegels)
- Bladder retraining (a form of behaviour therapy that aims to increase the amount of fluid your bladder can hold)
- Medications (for urge incontinence)
- Surgery

