

Types of Urinary Incontinence

The main types of urinary incontinence are:

- Stress incontinence - urinary leaking during activities that increase abdominal pressure such as coughing, sneezing, laughing and lifting heavy objects. This occurs primarily in women, and can occur in men especially after prostate or other pelvic surgery. It is caused by weak pelvic floor muscles.
- Urge Incontinence (overactive bladder) - a sudden need to urinate with possible leaking prior to reaching the toilet. This occurs when the brain signals the bladder to empty even though it may not be full. With urge incontinence, the bladder muscles contract too much and too often.
- Overflow Incontinence - the bladder is less active than normal and cannot empty properly, causing it to release small amounts of urine frequently.
- Mixed incontinence - a combination of any two types of urinary incontinence.



Contact Merry at
HealthPoint
330-202-3300

Merry Boothroyd,
Occupational Therapist
Specializing in Urinary Incontinence

Wooster Community Hospital
HealthPoint

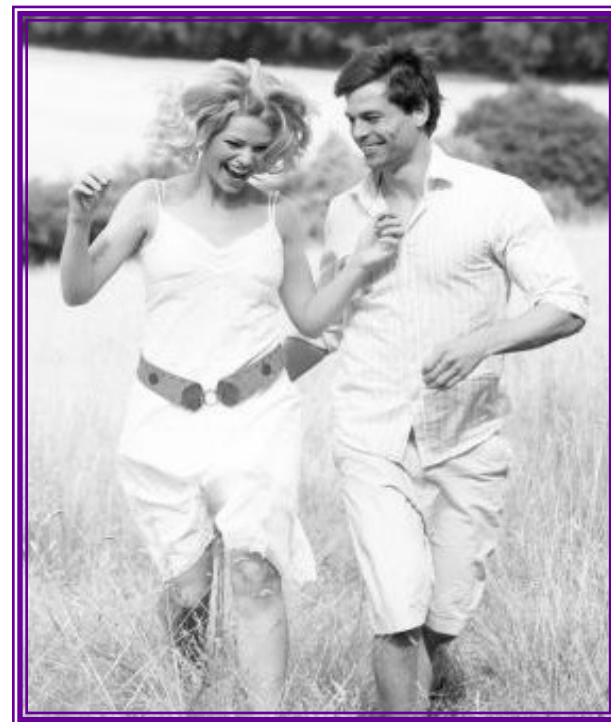


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Urinary Incontinence Treatment

HealthPoint



Results can be seen in as little as two weeks.

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Facts About Urinary Incontinence

- Twenty million Americans suffer from urinary incontinence, 85% of whom are women.
- One in four women between the ages of 30 and 59 has experienced urinary incontinence.
- Most people with urinary incontinence are too embarrassed to tell their doctor.
- Urinary incontinence is not a natural part of the aging process.



Causes of Urinary Incontinence

Too often, individuals experiencing urinary incontinence feel this is a natural part of aging and avoid seeking treatment.

Incontinence is not a disease but a symptom of an underlying condition that affects men and women. It can happen at any age, and can be caused by many symptoms including:

- Changes in the body following child-birth or surgery
- Emotional disturbances
- Side effects of medication
- Weakened pelvic floor muscles
- Hormonal imbalance
- Overactive & Underactive bladder muscles
- Removal of prostate

Urinary incontinence can also be brought on by a variety of diseases, such as diabetes and multiple sclerosis.

You Don't Have To Live With Urinary Incontinence

Upon referral by your physician, our Occupational Therapist can help you cure or significantly improve urinary incontinence without surgery or medication. Through behavioral therapy, you will learn a program of:

- Lifestyle changes
- Pelvic floor strengthening exercises
- How to calm an irritable bladder

If you are ready to take control of urinary incontinence and experience a better quality of life, make the first step by talking to your doctor about a referral to the Occupational Therapy Department at Wooster Community Hospital's HealthPoint .

You can schedule an appointment by calling 330-202-3300.