

Types of Incontinence

Urgency Urinary Incontinence

- Unintentional loss urine following an episode of urinary urgency
- Usually associated with Overactive Bladder
- Overactive bladder is a set of symptoms characterized by urinary frequency (more than 8 times a day), nocturia (more than 2 times a night), and an urgency to urinate that is difficult to ignore.
- The cause of Overactive bladder can have many factors. It can present on its own or be associated with other conditions such as urinary tract infections, diabetes, enlarged prostate in men, etc.
- The bladder has 2 main functions: to store urine and to empty urine.
- Overactive Bladder is a condition that affects the storage phase, therefore rather than store urine until it is time to urinate the bladder muscle contracts and spasms frequently creating an urgency to urinate that is frequent and difficult to ignore.
- Outside influences can contribute or make this condition worse such as eating or drinking bladder irritants, environmental stressors, constipation, and cold temperatures.

Stress Urinary Incontinence

- Unintentional loss of urine following a force such as bending over, laughing, coughing, sneezing, or changing positions that suddenly increases abdominal pressure against the bladder. Urine is pushed out of the bladder through the urethra involuntarily.
- Best described as a “plumbing problem” or a “leaky faucet.”
- Stress urinary incontinence is caused by either a weakness of the muscles in the pelvis that support the urethra, a problem with the urethral sphincter that is supposed to keep urine in the bladder, or both.
- Conditions that put you at increased risk of having stress incontinence are pregnancy, vaginal child birth (especially a difficult one), lack of vaginal estrogen, being overweight, and increased age.