

Hope for bladder control...

In the age group of 25-55 years of age, 25% of these adults have experienced urinary incontinence at some time in their lives.

In adults over age 65, 35-40% experience problems with bladder leakage.

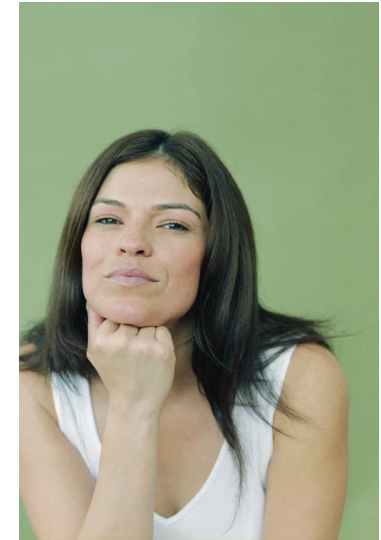
If you are one of these adults, there may be hope for improvement in your condition with Physical Therapy.



WASHINGTON COUNTY
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URINARY INCONTINENCE



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Physical Therapy

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*HOPE THROUGH BEHAVIORAL
MANAGEMENT*

Commonly Asked Questions

1. Is Urinary and bowel incontinence a normal part of aging?
2. What causes me to have leakage of my bladder?
3. What can be done...How can I keep from getting worse?
4. How can I decrease the way incontinence interferes with my life?
5. What steps should I take to get help for this condition?
6. What will happen when I go the Physical Therapy?

1. FACTS

While urinary incontinence is more common with age, it is not inevitable. Approximately 80% of elderly persons have changes in their bladder, but not all of those have incontinence. In many cases, leakage can be reversed.

2. CAUSES

There are 3 major types of urinary incontinence:

- Stress
- Urge
- Mixed

Stress incontinence occurs when muscles are weak. Leakage occurs during activities that increased pressure on the bladder, including coughing or sneezing.

Urge incontinence occurs when the person is unable to control their bladder during the urge to urinate.

Mixed incontinence is present when the individual expresses symptoms of both urge and stress types. Along with muscle weakness, leakage can be aggravated by caffeine and high acid fluid intake, stress, poor bladder habits, infection, constipation, as well as other factors.

3. WHAT CAN BE DONE?

Behavioral management programs include exercise, education in improved bladder and bowel habits, changes in dietary intake, and techniques to decrease urge. Your physician may also prescribe medication to help gain bladder control.

4. GETTING CONTROL

The Physical Therapist will help design an exercise and management program tailored to fit your needs and abilities.

5. STEPS TO TAKE

Inform your physician of your leakage problem. The physician will determine the cause of the leakage and rule out medical problems. Mention Physical Therapy as a treatment option.

6. PHYSICAL THERAPY BASICS

The Physical Therapist will check the strength of your pelvic floor muscles. Electrical stimulation and biofeedback are often used. There is no pain, and all concerns are addressed before treatment.