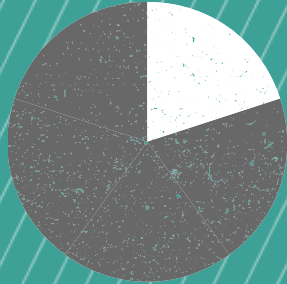


# INCONTINENCE



**It is under reported**

*Only 1 in 5 people with it will say so.  
Ask about symptoms instead.*

## THERE ARE 4 MAIN TYPES

STRESS	OVERFLOW	URGE	FUNCTIONAL
Pelvic floor muscles not strong enough	Obstruction out of the bladder	Bladder contracts before it is full	Problem outside of renal tract
<i>e.g. leak on straining</i>	<i>e.g. poor stream</i>	<i>e.g. sudden urge</i>	<i>e.g. mobility</i>

### LIFESTYLE CHANGES

*Are 1st Line Therapy*

(except for overflow which always needs medical review)



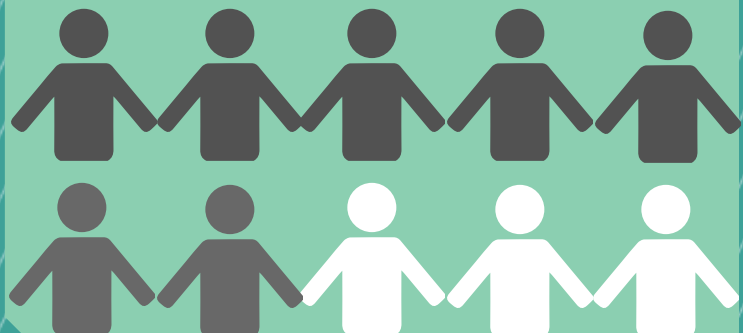
Weight Loss to BMI < 30

Reduce caffeine - bladder irritant

Adjust Fluid Intake

### DRUG TREATMENTS

Are poorly tolerated with 50% stopping by 3 months & only 30% still taking at 1 year



### Pelvic Floor EXERCISES

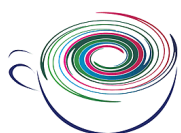
Reduce the need for Drugs & Surgery

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