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## [Urinary incontinence](#)



By [Dr David Moore](#), 21 August 2013

### What is urinary incontinence?

Urinary incontinence, or just incontinence, is the involuntary leakage of urine from the bladder.(1)

This leakage may significantly impact a woman's confidence in her personal, professional, and social life, and reduce her overall quality of life. Unfortunately, incontinence is often portrayed as being a normal part of aging, and so many women suffer with symptoms without seeking expert help. Fortunately, however, several treatment options exist and these are generally very effective.

### How common is incontinence?

As with [prolapse](#), the precise proportion of women who experience incontinence is not known, because many women with symptoms do not seek medical attention. However, incontinence probably affects up one in three women at some time in their lives, making it a very common condition.(2)

### What causes incontinence?

As your kidneys produce urine, it passes through small tubes to the urinary bladder, where it is stored until you find a convenient time to empty your bladder. The bladder has a muscular wall, which must help drain the bladder. The tube that drains the bladder to the outside (the urethra) also has a muscular part to help keep it from filling to a certain level, you feel the need to pass urine; when you choose to pass urine the urethra relaxes, the bladder contracts. In addition, the upper urethra is supported by tissues of the pelvic floor; normally, increased pressure (for example, from coughing or sneezing) pushes down on the urethra against the vaginal wall, assisting in preventing bladder leakage.

*Incontinence may result when one or more of these mechanisms do not work properly.*

**Stress incontinence** is leakage that occurs when increased pressure in the abdomen (stress from coughing, laughing, or sneezing) pushes down on the urethra. It occurs without the bladder contracting, and may be due to problems with the urethra itself or, more commonly, to weakness of the pelvic floor.



the urethra to be more mobile and not compressed against the vaginal wall. This pelvic floor weakness has similar incontinence is the most common cause of incontinence in younger women.

**Urge incontinence** is leakage of urine associated with a sudden need to pass urine.<sup>(3)</sup> It is thought to be due to overactive bladder). It may be caused by irritation of the bladder by infection, nicotine (cigarette smoking), caffeine, or dietary factors. A specific cause may not be found.

**Mixed incontinence** is considered when women have symptoms of both stress and urge incontinence.

**Overflow incontinence** occurs when poor bladder emptying causes the bladder to become overfull and dribble almost normal bladder draining (for example, due to severe [prolapse](#)), or incomplete emptying of the bladder (for example, due to

## What are the symptoms of incontinence?

Although suggestive, the types of symptoms a woman may have do not necessarily predict the type or cause of her incontinence. Symptoms include:

- Leakage of urine with coughing, sneezing, laughing, jogging, lifting, or sexual intercourse
- The sudden urge to empty the bladder, sometimes with leakage on the way to the bathroom
- Pain with urinating, or relieved after emptying the bladder
- The need to wear pads or tissue in the underwear to catch urine
- Symptoms of [prolapse](#)
- Unfortunately, embarrassment and loss of self-esteem are also common symptoms

## How is incontinence diagnosed?

If you have urinary incontinence, the type may be suggested by a history or questionnaire, and pelvic examination by your doctor. In addition, although cumbersome, a [bladder diary](#) (a log of symptoms, fluid intake and bladder emptying) are also useful. In some cases, a study of the urethra, called [urodynamics](#), is sometimes required to make a diagnosis.

## Can incontinence be prevented?

Symptoms of incontinence may be reduced by:

- Avoiding heavy lifting or straining
- Reducing the total volume of fluid you drink, especially before bed
- Reducing dietary intake of known [bladder irritants](#)
- Ceasing cigarette smoking
- Losing weight if you are overweight
- Discuss your regular medications with your doctor, to determine if any could potentially be making your symptoms worse
- Pelvic floor exercises: these strengthen the muscles that help control urine flow, and are best taught by a qualified women's pelvic floor rehabilitation specialist

## How is incontinence treated?

Treatment options depend on the type of incontinence you may have, and include specialised physiotherapy with bladder training, continence pessaries, or surgery.

Pelvic floor rehabilitation exercises (also called Kegel exercises) may be recommended by your doctor. These aim to strengthen the pelvic floor muscles, which may improve symptoms of incontinence, and improve the degree of any associated [prolapse](#). Although instructive air pump pamphlets, many gynaecologists would suggest that best results are seen when these exercises are taught and monitored by a physiotherapist. I have established professional relationships with, and can recommend, part-time physiotherapy training in women's pelvic floor rehabilitation.

Bladder retraining is used to treat urge and mixed incontinence, and involves developing good bladder habit by progressively increasing the time between toilet visits so that, ultimately, *you* determine when you go to the toilet not your bladder. Relaxation techniques help to treat urge incontinence. Bladder retraining can be very successful, especially when undertaken with the expertise of a specially-trained physiotherapist. A [diary](#) is useful to assess progress.

Electrical therapy involves either the monitoring of electrical signals from your pelvic floor to help physiotherapists tailor electrical stimulation to improve pelvic floor function.<sup>(1)</sup> This technique is generally supervised by specially-trained physiotherapists.

There are some medications available that can improve the symptoms of urge incontinence by calming down overactive bladder. These medications may include a dry mouth and constipation, and these may be bothersome enough to limit their use. In conjunction with bladder retraining programs to assist in their success, with the aim of eventually weaning these medications. In addition, the use of oestrogen replacement therapy, in the form of a cream applied inside the vagina, has been shown to be effective in treating stress and urge incontinence (stress and urge) in women after menopause. However, oestrogen replacement in the form of tablets appears to be less effective. The improvement seen with oestrogen creams is less dramatic than the improvement seen with pelvic floor rehabilitation.<sup>(2)</sup>

Vaginal pessaries are small devices that are inserted inside a woman's vagina to support the walls, usually to reduce symptoms of prolapse. They come in different shapes and sizes, and a few are specially designed to treat stress incontinence. These work by compressing the pelvic floor muscles, thereby increasing the resistance to flow in the urethra to prevent leakage. Continence pessaries are useful alternatives to surgery. They may be unfit for surgery due to other medical conditions. These are generally shaped like a large tampon, and require regular replacement.

Surgery is highly effective for treating stress incontinence, but usually ineffective for urge incontinence. Surgery aims to reduce episodes of increased abdominal pressure (such as coughing or laughing). Several surgical techniques are available for stress incontinence, which involve inserting a small piece of mesh as a sling underneath the urethra. These procedures are effective in the long term. If indicated, I will discuss with you the most suitable surgical technique, depending on your particular circumstances.<sup>(8)</sup>

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