

Urinary Incontinence: A Common Issue Commonly Left Untreated

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Ahhh Chew.... Oops, I leaked! Does this happen to you? If so, you have what is called urinary incontinence.

There are several types of incontinence. The first type is stress incontinence. This is when a loss of urine occurs with any increase in intra-abdominal pressure including coughing, sneezing, and bending over. The second type is called urge incontinence. It is the “gotta go, gotta go, gotta go right now” commercials you see on television with associated urine leakage on the way to the bathroom. The third type is a combination of the last two called mixed incontinence. The last type is overflow incontinence when the bladder is not sending a signal to your brain that your bladder is full. When the bladder becomes full, urine leakage occurs because the bladder cannot hold it back anymore. These types of incontinence can be caused by decreased estrogen levels associated with menopause or hormone imbalance, obesity, diabetes, pregnancy, childbirth, medications, surgery and weak pelvic floor muscles.

It is reported that 1 in 4 people will develop some type of incontinence throughout their lifespan. Most people think that incontinence is normal with aging and that they just have to deal with the condition. Fortunately, it is NOT normal! There are many treatment options available so urinary incontinence does not have to remain untreated. Treatment may include surgery, medication, and strengthening the pelvic floor muscles and bladder re-training through physical therapy.

If you have urinary incontinence, talk with your physician about the treatment options that are available to you. Sullivan Physical Therapy specializes in treating incontinence and other conditions affecting the pelvic floor. Please visit our website: www.sullivanphysicaltherapy.com or call our office at 335-9300 for more information. We are available Monday through Friday to serve our community.