

# Bladder Leakage



- 1 in 3 women experience incontinence, 10-30% of women under the age of 65
- 2/3 of women don't seek help as they see it as a normal part of being a women.
- With the right treatment your symptoms can significantly improve and potentially be cured

**Stress incontinence** - the involuntary leakage of urine with coughing, sneezing, laughing, lifting or exercise

## **How to treat:**

- weight loss (a 5-10% weight gain doubles the risk of incontinence)
- stop smoking (leads to coughing)
- reduce caffeine - acts as a diuretic and irritates the bladder
- fluids - aim for 1.5 - 2L/day
- **pelvic physiotherapy** - an individualised and supervised programme where you are taught how to contract and relax your pelvic floor muscles
- continence pessaries - silicone devices that sit in the vagina and help to support the urethra and bladder, these can be used during times of leakage ie exercise or all the time
- surgery



**Urge incontinence** - the involuntary leakage of urine due to a sudden, overwhelming urge to wee

## **How to treat:**

- manage constipation and weight - both put pressure on the bladder
- stop smoking (nicotine an irritant)
- reduce caffeine, alcohol and carbonated beverages (irritate the bladder)
- **pelvic physiotherapy**
  - bladder retraining - being taught specific techniques to control the urge to wee which allows the spasms to pass

- pelvic floor muscle training allowing you to stop the flow of urine and encouraging your bladder to stay relaxed and allow filling
- tibial nerve stimulation, botox treatments
- ring pessary if prolapse an issue
- medications to help control bladder spasms and topical oestrogen cream for the vagina if post menopausal