Incontinence Facts

by NEWLIFEOUTLOOK TEAM

Facts and Tips that Apply to Overactive Bladder

Kegel exercises are a great exercise to perform if you have an overactive bladder. These exercises are for both men and women. If you've ever tried to stop urinating when you're not done, this is the muscle that is exercised when you perform Kegel exercises. For this exercise, you contract that muscle and hold that contraction for a brief period of time (around 3 seconds but your doctor may provide a different amount of time), and then release. Perform multiple contractions, but keep in mind that this is a muscle and it can be strained. 12 contractions can typically done when you're just starting off and won't cause you any difficulty.

Incontinence
the unspoken issue

INTIMINA
Experts in Feminine Care

Despite the high number of people who suffer from urinary incontinence (UI), the issue often goes ignored due to fear of social rejection or lack of knowledge. In order to build awareness of UI, Intimina has created this simple illustrative guide.

Did You Know?

More than **200 million** people suffer from UI worldwide

25 million adults suffer from UI in the U.S.

25 million

1 in 3 women

1 in 14 men

15%-30% younger than 65

65+ years old 30%-55%

experience incontinence

What is Incontinence?

Simply put, incontinence is the involuntary leakage of urine. If you have ever struggled to hold urine during everyday life or physical activity you may suffer from UI.

Common Types of UI

Stress UI
Loss of urine due to coughing, laughing, sneezing, exercising & other physical activities.

Urge UI
A sudden and intense urge to urinate followed by a loss of urine.

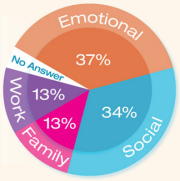
Overflow UI
The frequent or constant dribble of urine due to the inability to fully empty the bladder.

Functional UI
When reaching the bathroom is prevented due to physical or mental impairment.

UI Affects Lives

Living with UI can affect your quality of life in multiple ways. Many people who experience UI suffer from lower self-esteem, discouraged physical activity and decreased independence.

People who suffer from UI report changes in these areas:



Risk Factors

Some factors may increase your risk of experiencing UI.

You've Given Birth:
Giving birth strains your pelvic floor and may weaken pelvic muscles.

Age:
When you age, or if you are approaching menopause, your chances of UI increase.

Being Overweight:
Being obese or overweight can weaken your bladder and surrounding muscles.

Family History:
There are hereditary factors that predispose urinary incontinence.

Addressing UI

If your day-to-day activities are affected by UI, don't hesitate to see your doctor. In most cases, noninvasive treatments such as behavioral techniques and physical therapy can ease the discomfort or eliminate UI.

Common solutions include:

- Weight Control
- Bladder Training
- Scheduled Bathroom Trips
- A Balanced Diet

An easy & effective solution for women:

Pelvic Floor Strengthening

Pelvic floor exercise, commonly known as "Kegel" exercise, is a great way to build pelvic muscle strength and help improve bladder control.[1]

Kegel Exercise
Developed by Dr. Kegel in 1948 as an effective way to build pelvic strength.

Kegel Exercisers
Using a pelvic muscle exerciser such as a Kegel ball brings greater improvement.

For the best results, stay true to Dr. Kegel's original technique:

1 2
4 3

The Right Way to Exercise

1. Contract your pelvic floor muscles, lift the exerciser upward
2. Hold the contraction
3. Release the contraction
4. Rest and relax until you're ready to start again

Making Kegel exercise a part of your normal routine not only helps with UI but also offers health benefits that last a lifetime.

To learn more about how Kegel exercising can strengthen pelvic floor muscles and help with UI, visit www.intimina.com