



# Urinary Incontinence

## What is urinary incontinence?

Urinary incontinence, or the loss of bladder control, affects millions of Americans.<sup>1</sup> Causes include urinary tract infections, vaginal infection or irritation in women, weak or overactive bladder muscles or some medications. Urinary incontinence is treatable and can often be cured.

## Common types of incontinence<sup>2</sup>

There are several types of urinary incontinence. Your symptoms, medical history and pattern of urinating will help tell you what type you have.

- 1 Urge (or “overactive bladder”):** Typically seen in older adults, an overactive bladder can cause urine to begin leaking when you can’t get to the bathroom quickly enough, drink liquid or hear running water.
- 2 Stress:** As the most common type of incontinence, stress can cause you to leak urine when you walk, exercise, sneeze, cough, laugh or get up from sitting or lying down.
- 3 Mixed:** This is a combination of urge and stress incontinence.
- 4 Overflow:** The bladder doesn’t empty all the way, which can lead to urine leakage. It is more common in older men who may have had prostate issues.
- 5 Functional:** Health problems, such as arthritis, can keep you from getting to the toilet in time.
- 6 Medications:** Certain medications can increase a person’s chances of being incontinent.

## Did you know?

**25M+**

Americans deal with incontinence.<sup>3</sup>

**2X**

the amount of women will experience incontinence than men.<sup>4</sup>

**80%**

of people with incontinence see positive changes when they get the help they need.<sup>5</sup>



**Talk to your doctor today about managing incontinence.**



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## Lifestyle tips to help with bladder control



### Bladder training

With an overactive bladder, you can become used to urinating often at the slightest urge. Scheduling urination and slowly increasing the time between urination allows your bladder to fill more fully and may give you more control. The goal is to lengthen the time between trips to the bathroom until you're urinating only every 2.5 to 3.5 hours.<sup>6</sup>



### Pelvic floor muscle exercises

These techniques — also called Kegel exercises — help strengthen the muscles that control urination.<sup>6</sup>



### Medications

Talk to your doctor about medications for people with overactive bladder and incontinence.



### Diet and fluid intake

What you eat and drink can affect your bladder habits. Avoid drinking too much caffeine and alcohol as they increase urine production. Also, watch out for acidic foods that can irritate your bladder and lead to a loss of bladder control.<sup>6</sup>



### Surgery

When the loss of bladder control greatly disrupts your life, surgery may be an option.

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<sup>1</sup>“What is Urinary Incontinence?” Urology Care Foundation, American Urological Association, 2019.

<sup>2</sup>“Urinary Incontinence.” Mayo Clinic, 2019.

<sup>3</sup>“Incontinence Conditions From A-Z.” National Association for Continence, 2019.

<sup>4</sup>“Urinary Incontinence.” U.S. National Library of Medicine, 2019.

<sup>5</sup>“Urinary incontinence.” World Health Organization, 2017.

<sup>6</sup>“Urinary Incontinence.” Mayo Clinic, 2019.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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