

KNOW ABOUT INCONTINENCE

INCONTINENCE

refers to any unwanted or involuntary loss or leakage of urine.

Symptoms of Incontinence

Involuntary urination during sneezing, coughing, laughing, exercise or while lifting heavy weights

Bedwetting, especially during sleep

Sudden urge to urinate

Sensation of "dribbling" or dripping of urine

Increased frequency to urinate

Feeling of incomplete voiding

Excessive quantity and flow of urine

High Risk Groups for Urinary Incontinence

Women

Elderly

Post-menopausal women

Individuals with:

- Diabetes
- Kidney disease
- Spinal cord injury
- Neurologic disorders such as strokes, Alzheimer's, Parkinson's, etc.
- Prostate gland disorders

Smokers

Obese individuals

Individuals consuming alcohol, caffeine, etc.

Management of Incontinence

Lifestyle Modifications
Medications
Surgical Corrections



WORLD
CONTINENCE
WEEK

Consult your Urologist at the following address:

Dr. V K Mishra, Kanpur Urology Centre,
Brahm Nagar, Kanpur, Uttar Pradesh 208012.
www.kanpururologycentre.com

Issued in public interest

