



CONTINENCE CARE

Urinary incontinence is something no woman likes to talk about, yet 10 to 20 million women, in the United States alone, suffer from urine leakage.

WHAT IS NORMAL?

Normal frequency of urination is considered to be 6 times per day and once per night — more is NOT NORMAL. Any leakage of urine is NOT NORMAL. Many women accept frequency and leakage to be a normal part of the aging process, but it doesn't have to be the case! Help is available through [Kettering Rehabilitation Medicine's Bladder Confidence Program](#).

WHAT CAUSES URINARY INCONTINENCE?

The main types of urinary incontinence are stress, urge, and mixed.

Stress incontinence occurs with urine leakage during coughing, sneezing, lifting, exercise or

any time you put downward pressure on the bladder. If the pelvic floor muscles are too weak to hold the urethra closed there is a funnel effect and urine flows out. Therefore, the main cause of stress incontinence is weak pelvic floor muscles. Weak pelvic floor muscles can result from:

- Multiple vaginal births
- Not using the pelvic-floor muscles
- Being overweight
- Smoking
- Estrogen deficiency
- Chronic cough

Urge incontinence occurs when the bladder contracts involuntarily. Caffeine and other dietary irritants can contribute to this. These bladder contractions can be caused by something as simple as hearing water run or the action of putting "your key in the door" as you return home. Sometimes a urinary tract infection can cause urge incontinence. Often there is no medical explanation for it.

Mixed incontinence is a combination of both stress and urge.

IS SURGERY NECESSARY?

Ninety percent of urinary incontinence can be significantly improved or cured with proper treatment! Since there are various reasons for incontinence, it is important to discuss urine leakage with your physician as soon as it becomes a problem. Too many women suffer in silence when there are simple treatments available.



WHAT TREATMENTS ARE AVAILABLE?

[Kettering Rehabilitation Medicine's Bladder Confidence Program](#) offers the very latest, state-of-the-art equipment and treatment methods for urinary incontinence. Curing the problem may be as simple as being instructed by our physical therapist specially trained in the following procedures:

- RUSI (rehabilitative ultrasound imaging)
- Strengthening the pelvic floor muscles
- Bladder retraining
- Electric stimulation
- Biofeedback training of pelvic floor muscles
- Posture and body mechanics training
- Kegel exercises
- Abdominal, buttock and leg exercises
- Strategies for bladder management

BE IN CONTROL

Don't be embarrassed to talk to your physician about urine leakage. Remember, incontinence is a very common problem affecting half of all women sometime during their lifetime.

A referral from a Primary Care Physician, OB/GYN or Urologist is necessary for treatment through the Bladder Confidence Program.



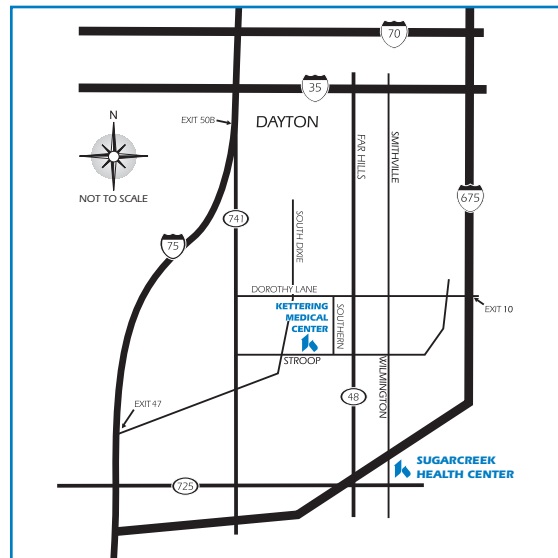
Offered at 2 convenient locations.

For more information, call us:

Kettering Medical Center
3535 Southern Boulevard
Kettering, OH 45429
(937) 395-8882

For additional information on the Continence program offered by Sugarcreek Health Center call:

Sugarcreek Health Center
6438 Wilmington Pike
Dayton, OH 45459
(937) 558-3810



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