

**YOUR BLADDER  
CONTROL ASSESSMENT**

**Prompt Medical  
Evaluation Recommended**

**YOUR SYMPTOM  
SUMMARY**

**Urinary Symptom(s)  
Reported**

**YOUR LEAK RISK**

Activity- & Urgency-Related Urine Leaks  
**Increased Risk**

***See a health care professional about your urinary symptoms. It's very important to determine the cause.***

- You reported a urinary symptom and a bladder control problem. They may or may not be related to each other. It's very important to determine the cause of each as soon as possible.
- Don't keep it to yourself. Tell a doctor how your bladder control problem affects your daily life.
- You're protecting your bladder by keeping your weight in the healthy range, not smoking, and avoiding bladder irritants.

**Bladder Control Problems Are Common**

Accidental urine leaks (incontinence) can happen in men and women and at any age.

Even though incontinence is treatable, people may be too embarrassed to talk to their doctor about urine leaks. Others may mistakenly think incontinence is a normal part of life.

All bladder control problems should be discussed with a health care professional. It's important to rule out serious health problems as the cause. Also, any of the urinary symptoms listed in the table on the right need immediate evaluation.

Most people with a treatable type of incontinence can completely control or greatly improve their symptoms. This, in turn, can also improve their overall quality of life.

Bladder Control Problems	You Reported
Activity-related urine leaks	<b>Yes</b>
Urgency-related leaks	<b>No</b>
Frequent daytime/nighttime urination	<b>Yes</b>
Urine leaks not related to activity or urgency	<b>No</b>

  

Urinary Symptoms Needing Evaluation	You Reported
Visible blood in the urine	<b>Yes</b>
Pain with passing urine (peeing)	<b>No</b>
Pain in lower abdominal/genital area	<b>No</b>
Trouble emptying the bladder	<b>No</b>

## Results

### Causes of Accidental Urine Leaks

Accidental urine leaks (incontinence) can happen for many reasons. Some leaks happen because the bladder muscles contract (squeeze) at the wrong times. Some happen because the muscles that support the bladder are weak, so even slight pressure causes leaks. Incontinence due to weak muscles or overactive bladder is treatable and sometimes curable.

When accidental urine leaks are due to health conditions like the following, they need specialized management:

- Neurologic conditions (multiple sclerosis, Parkinson's disease, cerebral palsy, stroke, spinal cord injury, etc.)
- Mental impairment (dementia, schizophrenia, bipolar disorder, Alzheimer's disease, etc.)
- Cancer treatment involving chemotherapy or radiation therapy to the pelvis
- Certain birth defects (spina bifida, hypospadias, vesicoureteral reflux [VUR], etc.)
- Any mobility condition that stops a person from getting to the bathroom in time
- Type 1 or type 2 diabetes with high blood sugar
- Chronic constipation or chronic diarrhea
- Family history of incontinence

### Tell a Doctor About Urine Leaks

Urine leaks can be bothersome. They can stop people from living the life they want to live. Incontinence can also cause physical problems such as rashes, sores, skin infections, fungal infections, embarrassing odors, and urinary tract infections.

That's why all bladder control problems should be discussed with a health care professional.

### YOUR BLADDER CONTROL ASSESSMENT

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### YOUR SYMPTOM SUMMARY

**Urinary Symptom(s)  
Reported**

**The National Institutes of Health lists smoking as the #1 risk factor for bladder cancer.**

Urine leaks in people with a history of smoking\* should be evaluated by a doctor.

\*This includes people who currently smoke any type of tobacco and those who've quit.

## Results

### Accidental Urine Leaks (Urinary Incontinence)

Urinary incontinence can be very frustrating and embarrassing. Sometimes, urine leaks can also be the sign of a serious health problem. That's why it's important to tell a health care professional about any bladder control problems.

### Treating Common Bladder Control Problems

Leaking urine while doing physical activities is the most common type of bladder control problem in younger and middle-aged women. It's rare in men. Treatments can include behavior changes, pelvic floor exercise therapy, and/or medication. Surgery can cure people who are good candidates.

When leaks happen with an urge to empty the bladder, simple at-home techniques, medications, and other treatments can help people regain bladder control. Having to visit the bathroom a lot (daytime or nighttime) can also be treated.

### Understanding Bladder Irritants

Urine leaks can sometimes happen because the bladder muscles contract (squeeze) at the wrong time. Bladder contractions may happen even when there's not much urine in the bladder. Eating acidic, spicy, or other irritating foods can make the bladder contract. For some people, urine leaks completely stop when they avoid one or more of these common bladder irritants:

- Spicy foods
- Acidic foods or fruit juices
- Carbonated drinks
- Coffee or tea
- Beer, wine, or spirits

### YOUR LEAK RISK

Activity- & Urgency-Related Urine Leaks  
**Increased Risk**

Risk Factors for <b>Activity-Related</b> Leaks	Your History
Weight over 189 lbs. (for your height)	No
Surgery to pelvic area	Yes
Chronic cough or sneezing	No
High-impact activities over many years	No
Vaginal childbirth (women only)	Yes

Risk Factors for <b>Urgency-Related</b> Leaks	Your History
Regularly eat or drink bladder irritants	Unknown*
Take medications affecting bladder control	Yes

Risk Factors for <b>Both Types</b> of Leaks	Your History
Age over 39	No
Post-menopause (women only)	No

*\*This question was only asked to people reporting this type of leak.  
If you have this risk factor, your leak risk could be higher.*

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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