

WHAT IS URGE URINARY INCONTINENCE?

WHAT CAUSES URGE URINARY INCONTINENCE?

There are several causes for Urge Urinary Incontinence, these include:

ALCOHOL AND CAFFEINE

Alcoholic drinks and caffeine cause your bladder to fill more quickly and can trigger a strong uncontrollable urge to urinate.

BLADDER IRRITANTS

Carbonated drinks, citrus juices, artificial sweeteners, tea, and coffee can irritate your bladder and worsen urge incontinence. Even teas and coffees without caffeine are irritants. Nicotine is also a bladder irritant.

DEHYDRATION

When dehydrated, your urine becomes very concentrated. This highly concentrated urine can irritate your bladder and worsen urge incontinence.

URINARY TRACT INFECTION

During a urinary tract infection, bacteria can irritate your bladder. This can result in strong urges to urinate, increased frequency, and incontinence.

CONSTIPATION

The bladder and rectum have a common nerve supply. Constipation causes compacted stool in the rectum which over-activates these nerves, increasing urinary urgency and frequency.

OVERACTIVE BLADDER

Overactive bladder is when nerves send signals to the bladder at the wrong time, causing it to contract at an inappropriate time leading to incontinence.

AGING

As you age, the capacity of your bladder to store urine decreases and the frequency of overactive bladder symptoms increases. The risk of an overactive bladder also increases with various blood vessel disorders, seen more commonly in the elderly.

INTERSTITIAL CYSTITIS

This is a painful condition that involves inflammation and scarring of the bladder wall. Symptoms include painful, frequent urination as well as urinary incontinence.

HYSTERECTOMY AND OTHER SURGERY

The bladder and uterus are very close together and have common supporting ligaments and muscles. Removal of the uterus, as in hysterectomy, risks damage to structures supporting the bladder. If these supporting structures are damaged, a prolapse or cystocele is likely to occur.

A CYSTOCELE

Symptoms of a cystocele include urinary incontinence. Additionally, surgery may damage the nerves that supply the bladder, also leading to urinary incontinence.

BLADDER CANCER OR BLADDER STONES

Symptoms of bladder cancer or bladder stones include urinary incontinence, urgency, frequency, and painful urination. Other symptoms include blood in the urine and pelvic pain.

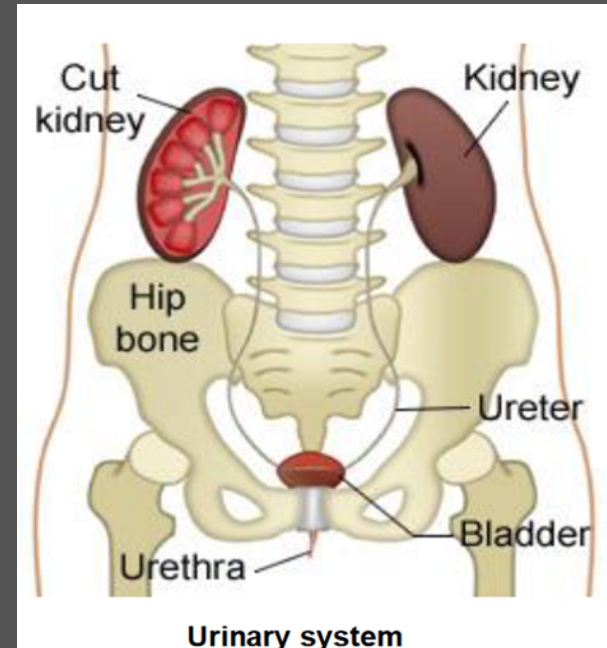
NEUROLOGICAL DAMAGE

Any neurological disorder such as multiple sclerosis, Parkinson's disease or stroke can cause urinary incontinence by interfering with the nerve signals that control the bladder. Additionally, if the nerves supplying the bladder or pelvic floor muscles are damaged, urinary incontinence may result.

Urge Urinary Incontinence is the involuntary release of urine following a sudden strong urge to urinate.

Urine is composed of water, electrolytes, and other waste material that has been filtered out of the blood in your kidneys. Urine is then transported via the ureters to your bladder, where it is stored.

Once full, the muscles in the wall of your bladder contract forcing urine through the urethra and out of your body. Sphincter muscles and pelvic floor muscles keep the urethra closed to avoid leakage of urine. These muscles relax at the same time the bladder contracts in order to allow urine to exit your body.



SIGNS + SYMPTOMS

- The strong urge to urinate followed by the leakage of urine.
- Many women also experience triggers or anything that increases the urge to urinate including running water, cold, or the thought of urinating.

Urge Urinary Incontinence can cause embarrassment, fear, anxiety, and social isolation. For these reasons, it is important to take steps to address the problem.

Seeking treatment from a trained Pelvic Health Physiotherapist can help with the problem and can improve self-esteem and restore confidence.

