



Ten Warning Signs of Bladder Control Problems:

1. Leakage of urine which impacts your activities
2. Leakage of urine causing embarrassment
3. Leakage of urine after an operation, such as a hysterectomy, Caesarean section, or prostate surgery
4. An urgent need to rush to the bathroom and/or loss of urine if you do not arrive in time
5. Frequent bladder infections
6. Urinating more frequently than usual without a bladder infection
7. Pain related to filling the bladder and/or during urination in the absence of a bladder infection
8. Inability to urinate, also known as urinary retention
9. Progressive weakness of the urinary stream with or without a feeling of incomplete bladder emptying
10. Changes in urination related to a neurological condition such as stroke, spinal cord injury, or multiple sclerosis

If you experience any of these conditions, you should consult a healthcare provider.

Why should you seek treatment for incontinence?

You should seek treatment for incontinence, because it is a symptom with many causes. Some causes are: infection weakened pelvic floor muscles, low levels of female hormones, constipation, diabetes, prostate enlargement, multiple sclerosis, Parkinson's disease, and the effects of surgery. Other medical conditions or the effects of certain medications could also be the reason for your incontinence. When your incontinence is diagnosed and treated, often bladder and bowel control is greatly improved or completely restored. You should seek treatment to enjoy the happiest, healthiest, and most satisfying life possible.