

‘ Before my diagnosis I had never given incontinence much thought but it affects your quality of life so much. Just doing a 10-minute drive to Tesco was problematic and I lost all my confidence. I was scared to leave the house. ’

BERTRAM

#### WHAT YOU SHOULD LOOK FOR

- Frequent or sudden uncontrollable urges to pee
- Involuntary release of urine when you laugh, cough or sneeze

Spotting the symptoms early will help you get speedier and better treatment, and give you the best chance of living life to the full again.

If you spot blood in your pee, even if it disappears or observe any of the symptoms above, you must visit your doctor so it can be investigated. Blood in pee can be an indication of cancer or an infection and should always be checked out.

## Further information

For more information on urology, its conditions and about the signs and symptoms you should be aware of visit [theurologyfoundation.org/urologyhealth](http://theurologyfoundation.org/urologyhealth)



Leading the fight against urology disease

The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education. Working with researchers, urologists and nurses we are dedicated to improving the nation's urology care so that fewer lives are devastated.

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## Knowing the signs of Urinary Incontinence

A little TUF guide on urology health



# Urology disease affects **one in every two people** at some stage of their life.

These conditions affect your kidneys, bladder, and for men it also includes their prostate and reproductive organs.

Although we don't often speak about these conditions, they are very common and they are expected to become more common due to the effects of the lifestyles we lead and the ageing population.

For instance, up to 6 million men and women in the UK have some degree of urinary incontinence but despite this large number, 60% would feel too embarrassed to talk to anyone about concerns with their bladder.

When urology conditions are diagnosed early, there is a higher likelihood for successful treatment and quality of life is less affected. There is no need to suffer in silence; there is treatment available.

This leaflet contains information about:

- The signs and symptoms of urinary incontinence
- When to seek medical attention
- What you can do to prevent or relieve the symptoms

## Urinary Incontinence

Urinary incontinence is a condition which means you pee involuntarily. It is a condition that affects more women than men. There are at least six million adults in the UK who are unable to control their bladders as they wish.

### WHO IS AT RISK?

Anyone can get urinary incontinence at any time, but people particularly at risk are women over the age of 40 and men who have undergone prostate or bladder surgery. You may be more at risk of suffering from incontinence if you:

- Are pregnant, or have recently given birth
- Have a family history of incontinence
- Are over the age of 40
- Are overweight
- Have neuropathological problems such as Dementia and Parkinson's

### KNOW THE SYMPTOMS

- An intense need to pee
- Not being able to delay going to the toilet
- Needing to pee more regularly
- Leaking when you sneeze, cough or laugh

### WHAT YOU CAN DO TO HELP YOURSELF?

You can reduce your chances or the effects of incontinence by:

- Doing daily exercises to strengthen the pelvic muscle (e.g. squeezing the muscle that controls your urine flow)
- Maintaining a healthy weight
- Taking regular exercise
- Reducing your alcohol and caffeine intake
- Ensuring you are drinking enough water



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Foundation

The only charity dedicated to all urology disease in the UK and Ireland. Thanks to our generous supporters we have been able to fund the brightest and best researchers and projects that fight urology disease.

You too can join the growing number of TUF supporters in the UK. There are various ways to get involved – by donating, fundraising for us or getting involved in a TUF challenge.

Please find out more on our website:  
<http://www.theurologyfoundation.org/get-involved>