

Ask the Expert
Arizona Republic

Q: I've been diagnosed with female urinary incontinence. What is it and what I can do?

A. Urinary incontinence is the involuntary loss of urine. It afflicts an estimated 13 million adults in the United States, 85 percent of them being women. In approximately eight out of 10 cases, urinary incontinence can be successfully treated.

There are two general categories of urinary incontinence in women - stress urinary incontinence and urge urinary incontinence, a component of an overactive bladder.

- Stress urinary incontinence is leaking provoked by coughing, sneezing, laughing, exercise, lifting, or bending over.
- Urge urinary incontinence is the loss of urine during an episode of uncontrolled urgency. Overactive bladder is the constellation of “gotta go” symptoms, such as urinary frequency and urgency. This form of incontinence is in the absence of infection or other bladder disease.

Since women are living longer and healthier, urinary incontinence impacts a greater number of people than ever before. Some common coping strategies women may use are using absorbent products, toilet mapping, voiding manipulation, diet and fluid restriction, and pelvic muscle exercises, in addition to seeking treatment from their doctor to address the many treatable causes of urinary incontinence.

Chandler Regional and Mercy Gilbert Medical Centers will host a free seminar on female urinary incontinence, sponsored by the CHW Health Span™ Speakers' Bureau, on September 29th from 5:30 to 6:30 p.m. For more information or to register for the event, please call ResourceLink toll-free at 1.877.728.5414.



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