

## INCONTINENCE FACT SHEET

### The Facts about Urinary Incontinence

- An estimated 13 million adults of all ages suffer from urinary incontinence – women account for nearly 85 percent of cases.
- Urinary incontinence is most often classified into four categories:
  - Stress** – the involuntary loss of urine during physical activities such as coughing, sneezing, laughing, exercising or other ordinary movements.
  - Urge** – an abrupt and uncontrollable desire to void the bladder.
  - Mixed** – a combination of urge and stress urinary incontinence.
  - Overflow** – the involuntary loss of urine resulting from an overfilled bladder without any corresponding feeling or urge to void.
- Nearly one in four women with urinary incontinence has never discussed her condition with a healthcare provider, and one in 10 women believes that a provider cannot help her.
- Women of all ages are at risk for urinary incontinence, from athletes in their mid-twenties and women of childbearing age, to women experiencing menopause in middle age and women aged 60 and older.

### Stress Urinary Incontinence

- Stress urinary incontinence is presumed to be the most prevalent type of incontinence.
- Causes of stress urinary incontinence [may] include:
  - Strenuous exercise
  - Childbirth
  - Loss of pelvic muscle tone
  - Loss of estrogen
  - Gynecological surgery

## Treatment Options for Stress Urinary Incontinence

- Many cases of female urinary incontinence – particularly stress urinary incontinence – are **treatable**.
- Treatment options for stress urinary incontinence include:
  - Medical devices that block or capture urine.
  - Surgery to repair or lift the urethra and bladder neck to prevent slippage during straining or sudden movement.
  - Kegel or pelvic muscle strengthening exercises.
  - Electrical stimulation to help return injured muscles to fitness and biofeedback to record progress in strengthening treatments and exercises.
  - Medication to increase or decrease the activity of the bladder muscle, or medication to increase or relax the closure of the bladder sphincter.
- GYNECARE TVT\* Tension-free Support for Incontinence is a device that offers a viable option for the successful treatment of stress urinary incontinence.
  - GYNECARE TVT supports the bladder neck and urethra, replicating more accurately the organ's natural positioning. A variation on the sling procedure, GYNECARE TVT uniquely provides support at the middle of the urethra, the section that is under the most strain during exercising, laughing, coughing or sneezing.

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Visit [www.womenshealthsolutions.co.uk](http://www.womenshealthsolutions.co.uk) to learn more about GYNECARE TVT Tension-free Support for Incontinence.