



## URINARY INCONTINENCE IN WOMEN

As if women don't have enough to deal with, they also experience urinary incontinence twice as often as men do. Pregnancy and childbirth, menopause, and the distinctive structure of the female urinary tract are the main reasons for this difference. But incontinence can also be caused by neurologic injury, strokes, multiple sclerosis, and physical problems associated with aging.

While older women experience incontinence more often than younger women, incontinence is not necessarily a natural – or inevitable – part of aging. It doesn't mean "you're getting older." Incontinence is common in young women, too. According to the National Women's Health Resource Center ([www.healthywomen.org](http://www.healthywomen.org)), one in four women between the ages of 30 and 59 have experienced urinary incontinence. Indeed, 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 and women aged 60 and older.

Incontinence can create a host of complications. Some of them are physical, like rashes and skin infections that may result from constantly wet skin, or repeated urinary tract infections. But the most difficult aspects of incontinence tend to revolve around its impact on your life. It can make you think twice before exercising, going out socially, or even traveling if you're uncertain where the next bathroom might be. Work may be doubly stressful because you are frequently away from your desk or have to get up often during meetings. Incontinence can keep you from getting a good night's sleep so that you become tired and irritable. Incontinence may affect your personal life, and even your sexual relationships if you avoid intimacy because of the potential embarrassment urine leakage might cause. Incontinence management requires planning and can be expensive.

The very good news is that in most cases, incontinence is not something that has to keep you from living your life to the fullest. It can be treated. Talk with your doctor. And before you do, learn as much as you can about incontinence in women and what can be done about it.

Visit [www.gynecare.com](http://www.gynecare.com) to learn more about urinary incontinence in women and the options available to you.