Urinary Incontinence
and what you can do about it

The loss of bladder control can happen to anyone at any age, but it is more common for older adults and women.\(^1\) Urinary incontinence is treatable and can often be cured.

Quick Facts

- More than 25 million Americans struggle with bladder control\(^1\)
- Over 72% of the people who struggle with bladder control are women\(^1\)

How do you know?

If you can answer YES to any of these questions, you may have urinary incontinence:

- Do you leak urine when you cough, sneeze, laugh or exercise?
- Do you wake up more than twice during the night to go to the bathroom?
- Do you leak urine on the way to the bathroom?
- Do you worry about not knowing where bathrooms are when you are away from home?

Short-term causes may include:
- Urinary tract infection
- Vaginal infection or irritation in women
- Constipation
- Some medicines

Long-term causes may include:
- Weak or overactive bladder muscles
- Damage to bladder nerves from diseases like multiple sclerosis or Parkinson’s
- Diseases like arthritis that make it difficult to get to a bathroom in time
- Blockage from an enlarged prostate in men\(^2\)
Pelvic muscle rehabilitation (PMR)
PMR uses noninvasive methods to strengthen the pelvic floor muscles. PMR may help retrain the bladder to work normally.\textsuperscript{4}

Medications
There are medications for people with overactive bladder and incontinence.

Surgery
When the loss of bladder control greatly disrupts your life, surgery may be an option.

Diet and fluid intake
What you eat and drink can affect your bladder habits. Diuretics like caffeine and alcohol increase urine production. Some acidic foods can irritate your bladder and lead to a loss of bladder control.\textsuperscript{5}

Know your options

Bladder retraining
With an overactive bladder, you can become used to urinating often at the slightest urge. Scheduling urination, and slowly increasing the time between urination, allows your bladder to fill more fully and may give you more control.\textsuperscript{3}

Pelvic muscle rehabilitation (PMR)
PMR uses noninvasive methods to strengthen the pelvic floor muscles. PMR may help retrain the bladder to work normally.\textsuperscript{4}

Medications
There are medications for people with overactive bladder and incontinence.

Surgery
When the loss of bladder control greatly disrupts your life, surgery may be an option.

Diet and fluid intake
What you eat and drink can affect your bladder habits. Diuretics like caffeine and alcohol increase urine production. Some acidic foods can irritate your bladder and lead to a loss of bladder control.\textsuperscript{5}

TALK WITH YOUR DOCTOR about your options for helping to control urinary incontinence.

\textsuperscript{1}National Association for Continence, 2015. \textsuperscript{2}Centers for Disease Control and Prevention, 2015. \textsuperscript{3}Mayo Clinic, 2014. \textsuperscript{4}The American College of Clinical Pharmacy, 2013. \textsuperscript{5}Cleveland Clinic, 2015.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.