



# URINARY INCONTINENCE

Inability to hold back urine; leaking urine without feeling urge to urinate

## CAUSES

### ESTROGEN DEFICIENCY

Urinary incontinence in menopausal women is common and may be caused by a lack of estrogen hormones. As women age, the ovaries slowly cease to function, becoming smaller and lighter. During menopause, the tissues of the urethra are thinned considerably (when the ovaries stop producing estrogen) which may result in incontinence.

#### Symptoms:

- Leakage
- Irregular or no menstrual period for the past 12 months

#### DO:

- Consult a medical professional who will help explain the changes happening in a woman's body and who will present options for treatment and care.

#### DON'T:

- Don't be afraid to discuss symptoms with a doctor.

### OTHER CAUSES

Other causes may include certain medicines, neurological disorders, pregnancy, recent childbirth, surgery or trauma.

# URINARY CONCERNS

Pain, burning sensation or discomfort during urination; discolored, yellowish, cloudy, or foul-smelling urine; abnormal or frequent urination; inability to urinate

### BLOCKED URETHRA

This condition most often affects men. A doctor should be consulted immediately.

#### Symptoms:

- Sudden urge to urinate but can't pass urine

#### DO:

- Seek medical help immediately. Do not wait until pain is unbearable.

#### DON'T:

- Don't be afraid to discuss symptoms with a doctor.

### DIABETES

See page 131.

### SEXUALLY TRANSMITTED DISEASE (STD)

See page 116.

### OTHER CAUSES

Other causes may include bladder disorders or prostate conditions.