

Do you ever....

- ▶ have a strong uncontrollable need to go to the toilet?
- ▶ find yourself going to the toilet often?
- ▶ find yourself rushing for the toilet?
- ▶ leak urine on the way to the toilet?
- ▶ need to get up in the middle of the night to go to the toilet?

If you answered **YES** to any of the above, you may have an increased risk of falling.



What can I do?

- ▶ *Consult a health professional to help with your urinary incontinence...*

The Continence Clinic at BC Women's Health Centre offers treatment for women who are having problems with bladder or bowel control. For more information or to make an appointment contact:

BC Women's Continence Clinic

Tel. (604) 875-3137

(Self referrals accepted)

- ▶ *Stay active and keep fit...*

Join **Osteofit** –a special exercise and education program for those with osteoporosis or low bone density and those at risk of falling who need a safe and gentle strength, balance and coordination program.

For more information
visit: www.osteofit.org
or call: (604) 875-2555

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Urinary Incontinence and Falls



Leakage of urine and rushing to the bathroom can increase your risk of falling, but there is safe and effective treatment available.

Continence Clinic

4500 Oak Street
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V6H 3N1

Telephone: 604-875-3137

Toll Free in BC: 1-888-300-3088

Fax: 604-875-3136



What exactly is urinary incontinence?

Urinary incontinence is the accidental loss of urine. It is very common!

It affects 1 in 3 women of all ages and *1 in 2* women over the age of 70.

There are two main types of urinary incontinence:

Stress Incontinence –

Urine leakage when you laugh, sneeze, cough, lift or do activities that increase the pressure in your abdomen.

Urge Incontinence –

Urine leakage when you feel a strong urgent need to empty your bladder.

Is urinary incontinence a normal part of aging?

No. Although urinary incontinence is common, **it is not normal** and should be treated like any other health problem by consulting a health professional.

Is nonsurgical treatment for urinary incontinence available?

YES! Urinary incontinence can be corrected, improved or managed without surgery. Treatment will give you more control over your bladder and the freedom to enjoy your life. It will allow you to get back to exercise without fear of urine leakage.

As many as 60% of women with urinary incontinence do not seek help for their condition because they think it is a normal part of aging or they are embarrassed.

Do you have Osteoporosis, or low bone density?

Urinary incontinence is more common in women who have osteoporosis or low bone density. If left untreated, you have more chance of falling and breaking a bone.

How does urinary incontinence increase my chance of falling?

Urinary incontinence can increase the chance of falling in a number of ways:

- ▶ Rushing to the toilet
- ▶ Slipping on a wet floor
- ▶ Going to the bathroom at night when it is dark
- ▶ Sleepiness during the day if you wake several times in the night to empty your bladder

Research shows that people with urge incontinence are 1.5 times more likely to fall than those without