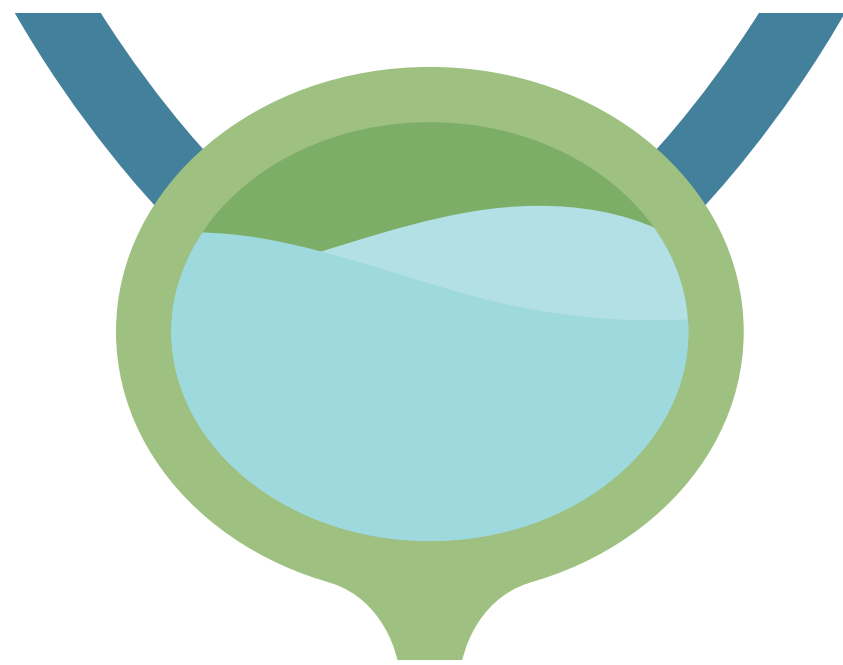


# LOSS OF BLADDER CONTROL

*It's Not Just a "Female Problem"*



WOMEN WAIT ABOUT

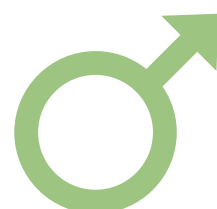
**6.5 YEARS**

AND MEN

**4.2 YEARS**

AFTER STARTING TO HAVE BLADDER CONTROL PROBLEMS

**BEFORE SEEING A HEALTH CARE PROVIDER.**

 **43**  
MORE THAN **MILLION MEN** AROUND THE WORLD HAVE LOSS OF BLADDER CONTROL. THIS IS ALSO KNOWN AS INCONTINENCE.

MORE THAN **25 MILLION** PEOPLE IN THE UNITED STATES SUFFER FROM LOSS OF BLADDER CONTROL.

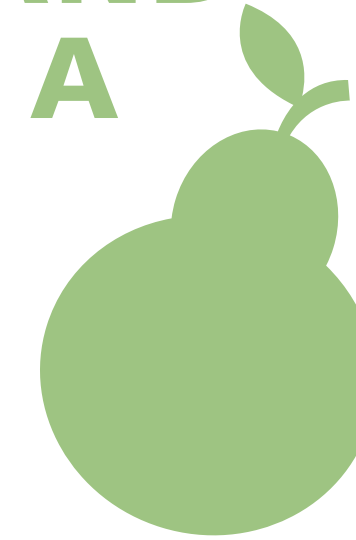
OF THOSE, ABOUT **75%** ARE WOMEN AND **25%** ARE MEN.



MORE THAN **10%** OF MEN OVER AGE 65 HAVE BLADDER CONTROL PROBLEMS.



WHEN IT IS NOT FULL, THE BLADDER IS ABOUT **THE SIZE AND SHAPE OF A PEAR.**



A HEALTHY ADULT BLADDER CAN HOLD NEARLY **TWO CUPS** OF URINE.

THREE **COMMON TYPES** OF MALE INCONTINENCE:

#### STRESS URINARY INCONTINENCE (SUI)

Urine leaks out when you cough, laugh, sneeze or lift something heavy.

#### OVERACTIVE BLADDER

Sudden and strong need to go to the bathroom. Sometimes you may lose a few drops of urine before making it to the bathroom.

#### OVERFLOW INCONTINENCE

Frequent dribbling of urine due to a bladder that doesn't empty all the way.

## WAYS TO HELP WITH LOSS OF BLADDER CONTROL:

- 1** Drink at least **six-to-seven** 8-ounce glasses of water a day
- 2** Pass up things that bother the bladder, such as **caffeine, liquor and spicy foods**
- 3** Lose **weight**
- 4** Do movements to help **relax** your bladder muscle

Remember, loss of bladder control in men is very common and nothing to be ashamed about. Work with your health care provider to find the right course of action for you.

*Urology Care*  
FOUNDATION™  
The Official Foundation of the American Urological Association

For more information about incontinence, visit the Urology Care Foundation's website: **UrologyHealth.org**