



Why is addressing urinary incontinence important?

Martha started leaking urine while laughing and sneezing, and this made her avoid going to lunch with friends. She talked to her provider and received a referral to pelvic health physical therapy. She was taught exercises and address and alleviate her urinary incontinence. Martha now feels comfortable with going out and can laugh with her friends without worrying. Bladder control is important for bladder health and ease of mind.

What can you look for?

- Leaking urine
- Frequent trips to the bathroom
- Not making it to the bathroom in time

Urinary Incontinence is when you leak urine on accident. Stress Incontinence is when you leak with coughing, sneezing, or exercising. Urge Incontinence is when you cannot get to the bathroom in time after feeling the urge to urinate. Mixed Incontinence is when you have both.

Questions to ask yourself:

- Are you leaking urine?
- Are you going to the bathroom more frequently than others around you?
- Do you avoid going out because of the fear of leaking urine?





What can you do?

- Learn pelvic muscle exercises
- Avoid things that irritate the bladder
- Use the bathroom regularly

Where can you find support?

- **Exercise** can strengthen your muscles and core.
- **Physical Therapy** can teach you pelvic exercises and ways to improve your bladder control.
- Your **Primary Care Team** can connect you to the right resources.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- Diabetes Education Class
- Exercise
- Primary Care

Community Resources

- National Association for Continence
 - www.nafc.org
- NIH: Bladder Health for Older Adults
 - www.nia.nih.gov/health/bladder-health-older-adults

