

AGING WELL

Incontinence

Why is addressing urinary incontinence important?

Martha started leaking urine while laughing and sneezing, which has led her to avoid social activities. She talked to her provider and received a referral to pelvic health physical therapy. At her appointment, Martha was taught exercises that addressed and alleviated 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 are some considerations for incontinence?

- 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?



For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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What can you do?

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

Where can you find support?

Contact your primary care team directly or contact
Anchorage Native Primary Care Center 907-729-3300

Your Primary Care Team 

Your primary care team can connect you to the right resources.

Exercise Physiologists907-729-2689

Exercise physiologists can provide support for being physically active and help strengthen your muscles and core to reduce incontinence.

Physical Therapy 907-729-6683

Physical therapy can teach you pelvic exercises and ways to improve your bladder control.

Key

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit