

# LOSS OF BLADDER CONTROL

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

 **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.



WOMEN WAIT ABOUT

**6.5 YEARS**

AND MEN

**4.2 YEARS**

AFTER STARTING TO HAVE  
BLADDER CONTROL PROBLEMS  
**BEFORE SEEING A HEALTH  
CARE PROVIDER.**

MORE THAN

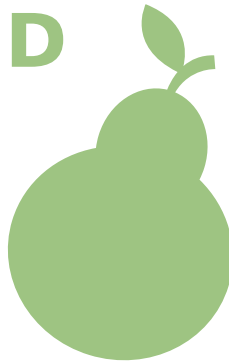
**10%**

OF MEN  
OVER AGE 65 HAVE BLADDER  
CONTROL PROBLEMS.



# Loss of Bladder Control: It's Not Just a "Female Problem"

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:

- Drink at least **six-to-seven** 8-ounce glasses of water a day
- Pass up things that bother the bladder, such as **caffeine, liquor and spicy foods**
- Lose **weight**
- 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.

For more information about incontinence, visit the Urology Care Foundation's website: [UrologyHealth.org](http://UrologyHealth.org).