



# An Embarrassing Secret

*If you think incontinence only affects older women, think again. Bladder control problems are concerns of active, young women.*

Women of all ages often suffer in silence. Too embarrassed to talk with their friends or doctor about those little “accidents” that may happen when you sneeze or while you’re at your kickboxing class. For many younger women incontinence starts after the birth of a baby.

Urinary incontinence affects millions of women of all ages. In fact, women are twice as likely as men to experience problems with bladder control. Younger women often report they have experienced urine leakage, at least once in a year. The number of women affected with bladder control problems increases with age, affecting as many as 50% in later years of life. Bladder control is the single most common health problem affecting women today.

As a urologist, I understand how bladder control problems and incontinence affect my patients’ quality of life. Many of my patients report that they limit their activities or plan their day around the location of bathrooms. Bladder control problems and incontinence also affect their body image and emotional state. It’s not a pleasant way to live. The good news is that there is little reason to suffer as incontinence is a medical condition that can be resolved, often with non-surgical means. You should know that there are very effective solutions that work!

Here are four definitions of incontinence and bladder control problems – do you have one or more of them?

Stress incontinence – urine leakage that happens when you cough, laugh, sneeze or put pressure on the bladder. It often begins in younger women after childbirth and it can also result from sports injuries or from being overweight.

Overactive bladder/Urge incontinence – you have an “urgent” need to go which may cause you to rush to the bathroom. In its worst form it is followed by an involuntary loss of urine.

Sphincter problems – result in a fairly constant drip of urine throughout the day. Most common as you get older.

Mixed incontinence means you have more than one type of incontinence.



Modern treatments range from medication, diet changes, office-based computer assisted pelvic muscle exercises (biofeedback), new heat treatments done in the office to strengthen the bladder opening and a variety of simplified, outpatient procedures.

There’s no need to suffer in silence or change your lifestyle because of bladder control problems – help is just a phone call away!

*Appointments with Dr. Robert Pugach Medical Director of Pacific Coast Urology Medical Center, can be scheduled at his offices located in Huntington Beach, Los Alamitos or Beverly Hills. Call: 888-735-4336 or visit [www.pacificcoasturology.com](http://www.pacificcoasturology.com) for more information.*