

Urinary incontinence risk tool

Are you at risk?

Urinary incontinence occurs when you leak urine because your bladder muscles tighten or other muscles relax without warning. It can also happen when support muscles are stressed, like during a laugh, cough or sneeze. You may urinate more frequently or feel you need to urinate more urgently.

Whether you have mild or major urine leaks or other concerns with bladder control, many treatments can help you return to the activities you enjoy, without worry of urine leakage. Your doctor can help you.

Take action

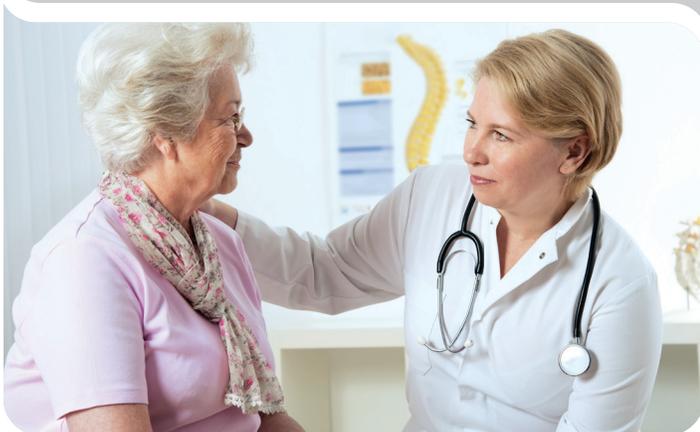
As the most important member of your healthcare team, you can give your doctor some of the most important information to help control bladder issues.

- Make an appointment with your doctor today
- Complete this two-page form to share with your doctor

Then you'll be well on your way to controlling your urine leakage.

Talk to your doctor about any leakage of urine you have.

Different treatments can get you back to your life, worry-free.



Useful information to share with your doctor

Remember: Most urinary incontinence is treatable. The information below can help you and your doctor find the best treatment (check all that apply):

- I smoke cigarettes
- I feel pain or a burning feeling when I urinate
- I often have a very strong urge to urinate right away
- Even after I urinate, my bladder sometimes feels full
- Little urine comes out when I go to the bathroom
- I worry about having a urine leak in front of others
- My first thought when I go somewhere is to find the nearest bathroom
- I worry about losing my independence because of bladder control problems

I have, or had, these medical problems (check all that apply):

- Cancer
- Depression
- Diabetes
- Diverticulitis
- Interstitial cystitis
- Multiple sclerosis
- Severe arthritis
- Spinal cord injury
- Urinary infections

For women:

Number of babies I have had and dates of birth:

Date my menstrual periods stopped (or menopause started): _____

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