

STOP the leaking

MALE INCONTINENCE

SHOULD NOT BE IGNORED DESPITE SHAME MEN MAY FEEL
Health condition often symptom of an underlying health issue that needs treatment.

MALE INCONTINENCE

more often than not, relates to bladder failure.

YOUNGER MEN can signal neurological disorders such as multiple sclerosis

OLDER MEN can point to bladder failure, which is caused by an enlarged prostate or prostate cancer

Incontinence can also be a result of prostate surgery or nerve damage caused by existing health conditions such as diabetes.

Regardless of the reason for incontinence, it is an issue that can have a significant impact on a man's **emotional, social,** and **physical well-being.**

Men may experience incontinence in a variety of ways

URGENCY
a sudden urge to urinate

STRESS
the need to empty the bladder caused by stress placed on the organ

FUNCTIONAL
incontinence caused by a physical disability

OVERFLOW
when the bladder doesn't completely empty

TRANSIENT
a result of a urinary tract infection

HELP AVAILABLE

There are several different procedures for incontinence that include minimally invasive options.

IMPORTANT POINTS TO HELP MEN:

- **DON'T BLAME AGE** – It's true that our bodies change as we age, and the frequency at which we visit the bathroom is one of those signs. However, it may not just be age if you find yourself waking more than once a night to go to the bathroom.
- **DON'T STAY SILENT** – Be brave and share your issue with someone close and safe. Confide in your healthcare provider to determine a good first step in correcting the issue.
- **DON'T SETTLE** – Not all doctors are aware of the life-altering procedures available to men. Continue to seek out help even when you feel as if your problem has been pushed to the side.

For more information on incontinence, visit premierhealthspecialists.org/urology

SOURCES: Douglas Gaker, MD, Premier Urology Center