



# Losing control of your bladder may have **nothing to do with your age!**

**It is possible to take control of your bladder and reduce your symptoms.**

## Know

### About the different types of incontinence:

- Urgency incontinence – you often have uncontrollable urges to urinate
- Stress incontinence – you urinate when you sneeze, cough or laugh
- Functional incontinence – you can't get to the bathroom fast enough
- Overflow incontinence – your bladder is full and causes dribbling and difficulty with emptying your bladder

## Ask

- A doctor or nurse about re-training your bladder
- Your pharmacist or doctor to look at the full list of medications you are taking to see if any of them are contributing to incontinence
- Your doctor about what kind of physical activity and how much is right for you. It's important to stay active!

## Do

- Wear pants with minimal number of buttons or zippers so that fewer things get in the way of your urinating
- Use unscented, moistened disposable wipes, or a warm washcloth to clean up after an accident and change into clean clothes as soon as possible
- Pelvic floor exercises, as directed by a doctor, nurse, or physiotherapist, to strengthen the muscles that support your bladder and urethra
- Drink plenty of non-caffeinated beverages to stay hydrated. If you don't drink enough water, your bladder lining may become irritated and increase your incontinence symptoms
- Exercise regularly and eat a nutritious diet to maintain a healthy weight
- Encourage your older family member to use the toilet at regularly scheduled intervals (For caregivers – if your family member is the one living with incontinence as well as a cognitive impairment)

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