

DO YOU EXPERIENCE ANY OF THE FOLLOWING?

- Do you sometimes leak urine when you cough, sneeze, or laugh?
- Does urine leak when you bend over or lift something?
- Are you avoiding intimacy because you're worried about leaking?
- Do you wear pads to prevent leaks?
- Are there activities you avoid because you're afraid of leaking urine?



If you answered YES to the above, you may be experiencing something called...

STRESS URINARY INCONTINENCE

Stress Urinary Incontinence is the medical term for when urine leaks during activities that put pressure on the bladder, like coughing, sneezing, laughing, or lifting heavy items.

Talk to your doctor about how you can manage and alleviate your symptoms!

WHAT CAN CAUSE STRESS URINARY INCONTINENCE?

Your bladder and urethra are supported by muscles in your pelvis. When these muscles weaken, activities that increase pressure on the bladder can cause urine to leak. While we don't always know exactly what causes stress urinary incontinence, some things that could contribute include:



Pelvic surgery (i.e. hysterectomy, vaginal surgery, rectal surgery)

Giving birth
Menopause



Smoking
Obesity
Chronic cough



Bladder

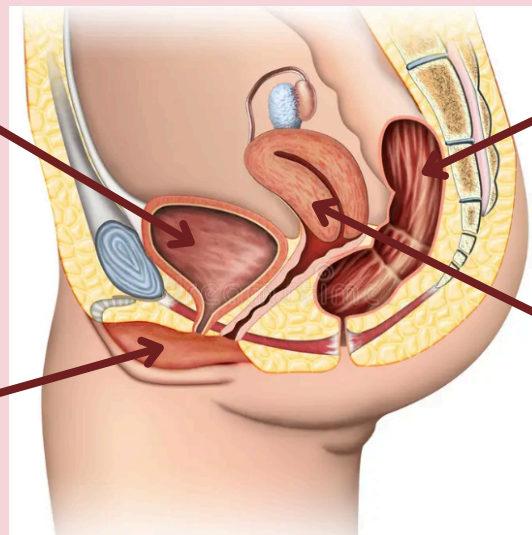
Expands and contracts to hold and release urine.

Rectum

Where feces is eliminated.

Pelvic Floor Muscles

A group of muscles that help control the bladder and bowels.



Uterus

Where a fetus develops and grows.

Incontinence may also affect participation in religious or spiritual practices, such as prayers or rituals. If you are facing such challenges, do not hesitate to speak with your healthcare provider about ways to manage your condition while maintaining your religious and spiritual practices.

WHAT ARE SOME MYTHS ABOUT STRESS URINARY INCONTINENCE?

 Myth: It's just part of being a woman.

 Fact: While stress urinary incontinence is more common in women, it is not something you have to live with. There are ways to treat and manage it.

 Myth: It's a normal part of getting older.

 Fact: Stress urinary incontinence can happen as you age, but it is not something that everyone has to deal with. Help is available, and you don't have to accept it as "normal."

 Myth: If my mother had it, I will too.

 Fact: Having a family member who has stress urinary incontinence does not necessarily mean that you will.

 Myth: I could have prevented it.

 Fact: Stress urinary incontinence can happen to anyone, and it is not something you can always prevent. The important thing is to seek help and find ways to manage it.

 Myth: There's no treatment for stress urinary incontinence.

 Fact: There are many ways to treat and manage stress urinary incontinence, from exercises to medical treatments.

ARE TREATMENTS AVAILABLE?

There are treatments available for stress urinary incontinence that can significantly improve your quality of life! These include:



Lifestyle changes: Maintaining a healthy weight and quitting smoking.

Kegel exercises: These strengthen your pelvic floor muscles.



Surgery: A variety of effective surgical options exist.

SOUTH ASIAN PELVIC FLOOR PHYSIO PROVIDERS

One of the effective management options for stress urinary incontinence is pelvic floor physiotherapy. This involves working with a trained physiotherapist who helps you strengthen the muscles that support your bladder. These muscles, called the pelvic floor, play a key role in controlling urine flow.

Pelvic floor physiotherapy is a non-surgical way to manage stress urinary incontinence and can make a big difference in your daily life. If you are interested in seeking pelvic floor physiotherapy, [click here](#) or scan the QR code below for a list of South Asian pelvic floor physiotherapy providers who can offer you the support you need.

