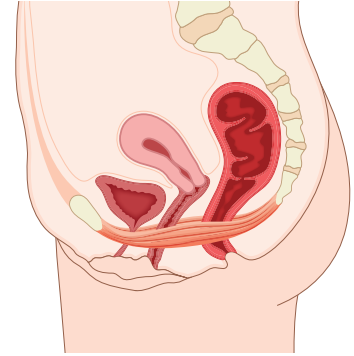


Incontinence

Incontinence is the involuntary loss of wee or poo and it can vary in severity from a small drop to full loss of the bladder or bowel.

What can cause incontinence?

- Pregnancy and childbirth
- Prolapse of the pelvic organs (bladder, bowel, uterus)
- Tearing and muscle damage to the anal sphincter or pelvic floor
- Menopause
- Obesity (particularly and increase in abdominal weight)
- Chronic constipation and straining
- Surgery to the pelvic floor such as a hysterectomy, hemorrhoid removal
- Chronic coughing and heavy lifting



What can be done to help incontinence?

- Pelvic floor muscle training
- Pessary if prolapse is found to be the cause
- Managing constipation and maintaining a healthy diet
- TENS
- Bladder and bowel retraining
- Bladder and bowel emptying techniques