



1B Clonskeagh Square, Clonskeagh, Dublin. 14 D14 AOK8  
Tel: 01-637 5050  
email: [info@irishosteoporosis.ie](mailto:info@irishosteoporosis.ie) web: [www.irishosteoporosis.ie](http://www.irishosteoporosis.ie)

## Incontinence – The Facts

Most people are too embarrassed to bring this topic up with anyone. This is why it is so important that if you have an incontinence issue (bladder or bowel) that you speak to your Doctor, nurse or contact us.

Untreated incontinence can affect a person's confidence, quality of life, could lead to them becoming isolated and depressed.

People can also break bones due to slips and falls, from slipping on a wet surface.

Those who have Osteoporosis, especially those who have undiagnosed (280,000 people) are at risk for issues with incontinence.

When vertebral fractures occur (broken bones in your back), a person's ribs can drop down, as there is not enough bone in the spine to support them.

Stomach contents are then pushed forward and more pressure can occur on the bladder area.

**NOTE:** Patients can still have incontinence issues without bone loss.

Incontinence affects men and women and people of all age groups. Those affected can have issues with leakage of urine, wind or stool.

The different types of leakage that a person can have are the following:

- Stress Incontinence
- Urge Incontinence
- Mixed Incontinence
- Anal Incontinence.

Stress incontinence is leakage of urine with coughing and sneezing.

Urge Incontinence is leakage of urine with the urge to empty your bladder.

Mixed Incontinence is leakage of urine with coughing and sneezing and the urge to empty the bladder.

Anal incontinence is leakage of wind or stool.

There has been significant advances in the area of treating incontinence, so please do not be embarrassed to ask for help.

Pelvic Floor Physiotherapy can improve incontinence issues and in certain cases (depending on the cause) can cure the problem.

When a person is assessed for Incontinence, a full assessment should take place and a treatment plan should be planned. This should be done on an individual basis based on the assessment findings or results.

Pelvic Floor Physiotherapy is a specialised treatment that may include pelvic floor muscle training, urge control techniques, changes to diet and fluids, advice about lifestyle, biofeedback, electrical stimulation and manual training.

**Men** can have stress and urge incontinence after Prostate Cancer Surgery or other Pelvic or Bowel Surgery. Men can also have urge incontinence as they get older. Prostatitis and Cystitis can cause incontinence. Men can have urinary frequency and urgency (Over Active Bladder) and have to get up at night several times to empty the bladder. Men can have pelvic pain and erectile dysfunction and constipation when urinary incontinence is an issue. Young men can suffer from bedwetting. These symptoms can be treated with pelvic floor muscle physiotherapy.



**Women** can have incontinence in the teenage years (giggle incontinence), during pregnancy, after the menopause, after surgery. Women can also have an “Over active” bladder and Pelvic organ Prolapse (Womb, Bladder or Bowel coming down in the pelvic floor). Women can have sexual dysfunction and pelvic pain along with incontinence.

It is never too late to start pelvic floor muscle training and treatment, as a senior citizen who has incontinence, is at high risk to slip when they have an accident, which can result in fractures.

For further information please contact:

The Irish Osteoporosis Society at 01 637 505 or email: [info@irishosteoporosis.ie](mailto:info@irishosteoporosis.ie)