

URINARY INCONTINENCE

URINARY INCONTINENCE CLASSIFICATION

Type	Description
Stress Incontinence	Involuntary urine loss due to increased physical pressure on the bladder.
Urge Incontinence	Strong, sudden need to urinate immediately followed by a bladder contraction, resulting in involuntary loss of urine.
Mixed Incontinence	Both stress and urge incontinence are present.
Overflow Incontinence	Involuntary loss of urine due to overdistension of the bladder.
Reflex Incontinence	Involuntary urine loss due to detrusor hyperreflexia and/or involuntary urethral relaxation.
Functional Incontinence	Physical disability, external obstacles, or problems in thinking or communicating prevent a person from reaching a toilet.

POTENTIAL CAUSES OF INCONTINENCE

Temporary Causes	Irreversible Causes
<ul style="list-style-type: none">• Alcohol/caffeine consumption• Chronic cough• Smoking• UTI or urinary tract inflammation• Prostate infection or inflammation• Stool impaction• Increased urine volume• Pregnancy• Diet/weight gain• Immobility/physical inactivity• Mental confusion• Medications	<ul style="list-style-type: none">• Aging• Spinal injuries• Anatomical abnormalities• Neurological disease or disorders• Sphincter damage• Pelvic prolapse• Enlarged prostate• CNS disorders• Bladder cancer• Bladder spasms• Diabetes

REFERENCES

Bladder Control Problems (Urinary Incontinence). National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Web site. <https://www.niddk.nih.gov/health-information/urologic-diseases/bladder-control-problems>. Published June 2018. Accessed April 10, 2019.