

Bladder Matters for Women

Recommendations by clinicians for clinicians to treat patients with UI. Patient quality of life is in your hands.



Urinary incontinence (UI) is common and treatable. Symptoms include:

- Leaking urine while coughing, laughing, sneezing, exercising
- Feeling a sudden, strong need to urinate
- Urinating many times during the day and night
- Leaking urine before reaching the toilet



More than one-half of women over 20 years of age reported any urinary leakage



Women are 2x more likely to experience urinary incontinence than men.

Two-thirds of women who experience urinary incontinence haven't spoken to their doctors about it.

Women wait an average of 6.5 years before seeking professional help for their incontinence problems.



40% of women with bladder leakage report embarrassment about their symptoms.

Incontinence not only affects an individual's quality of life, but also may prevent them from engaging in health-promoting behaviors like exercise to manage other chronic conditions.



Easy and effective nonsurgical treatments are available, including:

- Bladder control and voiding strategies
- Fluid management
- Pelvic floor muscle training
- Medication

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I suffered with severe UI for 35 years. It seemed somehow shameful not to be able to control my bladder. It was life-changing for me to discover that so many others also suffered from the same issue. Opening up to my doctor about UI was the first step in finding relief. Now they understand my needs and life is better.”

– Patient, Tennessee

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Women often suffer with incontinence for years before mentioning it to a physician. I simply listen, examine, and reassure. And then, most of the time, I prescribe behavioral modifications and physical therapy. When I see them in follow up, their reports are usually glowing and in disbelief that the treatments made a huge difference.

– Provider, Wisconsin



Ready to improve your patients' quality of life and health outcomes?

Learn more about approaches your practice can take to treat patients with urinary incontinence at www.ahrq.gov/evidencenow/projects/urinary/index.html

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