

## PSI Evidence-Based Newsletter

The **only** physiotherapy clinics in Ottawa **accredited** by the Canadian Physiotherapy Association for excellence in service.

### Urinary Incontinence - The Facts

- Urinary Incontinence (UI) affects more than 50% of women over 45 years of age.
- The annual cost of products for pad protection ranges from \$600.00 to \$1000.00.
- 80% of women do not seek help for urinary incontinence.
- 50% of women incorrectly think that UI is normal.

#### Urinary Incontinence

UI affects 12% of women under 30.

- **Stress incontinence.** This results in losses of small volumes of urine with activities that increase intra-abdominal pressure such as coughing, sneezing & running.
- **Urge incontinence** is also known as overactive bladder. The person has sensations of urinary urgency and frequency and small to moderate amounts of urine are lost.
- **Mixed incontinence:** a combination of the above. Most common in older women.

#### Physiotherapy helps!

- Pelvic floor muscle retraining is effective. Women with stress incontinence have shown cure rates of 73%. With treatment improvement rates are up to 97%.
- It has been shown that many women contract their pelvic floor muscles incorrectly.
- Physiotherapists use a variety of treatments including manual resistance, muscle facilitation techniques, biofeedback and electrical stimulation to assist patients with achieving the correct muscle activity.

Swanson, J.G. et al. Urinary Incontinence: Common problem among women over 45. Canadian Family Physician 2005. Jan:51:84-5.  
 Keller, S.L. Urinary Incontinence occurrence, knowledge and attitudes among women aged 55 and older in a rural midwestern setting. J. Wound Ostomy Continence Nursing. 1999 Jan:26(1):30-8  
 Van der Vaart et al. The Effect of Urinary Incontinence and overactive bladder symptoms on quality of life in young women. HJU Int. 2002:90:544-9  
 Neumann PB et al. Pelvic floor muscle training and adjunctive therapies for the treatment of stress urinary incontinence in Women: a systematic review. BMC Women's Health. 2006. June 28:6(1):11

### Why use PSI Women's Health Centre?

- ✓ We focus on functional outcomes.
- ✓ We have private rooms to respect our patient's privacy.
- ✓ Our physiotherapists are specifically trained to treat UI and pelvic pain.
- ✓ We use a computer biofeedback machine especially designed for pelvic floor retraining.