

# 5 Common Myths about Urinary Incontinence



Urinary incontinence, or the loss of one's ability to control the urge to urinate, is more common than most people would like to admit. Let's address some common misperceptions that may be preventing many people from getting help for this condition.

## 1. Urinary incontinence affects only very old people.

Not true, it affects younger adults too. An American survey conducted by the National Association for Continence (NAFC) estimated that one-in-four women over 18 leak urine involuntarily, and one-third of men and women aged 30 to 70 have lost bladder control at some point as adults.

## 2. It is a very rare condition, affecting very few people.

It may seem rare because many people are embarrassed to talk about it! The NAFC found that about 200 million people worldwide suffer from urinary incontinence, and an estimated 25 million American adults experience occasional or chronic symptoms.

## 3. I can control my urinary incontinence by drinking less water.

For people with urinary incontinence, drinking less water may *worsen* the problem, as the urine becomes more concentrated

and irritates the bladder! As adults, we should all drink at least eight glasses of water a day.

## 4. Surgery is the only treatment for urinary incontinence.

Not true. Depending on the severity of the condition, Kegel and biofeedback exercises can help strengthen the pelvic floor muscles and better control the urge to urinate. Vitamin D and magnesium (obtained from food or supplements) may also help.

## 5. Adult absorbent products (or 'adult diapers', as they are commonly known) are only for homebound people or those in long-term care facilities.

Oh, not at all! In reality, adult absorbent products are made from breathable cloth-like materials that are comfortably thin, just like underwear. They are designed to ensure that you can continue to be active and social without worrying about the inconvenience of visiting the washroom a little too often.

**Incontinence should not be a life-stopper.**

Get your **FREE** Certainty Disposable Pants/Tape Diaper Sample Pack, simply by logging into **[www.certainty.com.my](http://www.certainty.com.my)**. Terms and conditions apply.

**References:** 1. Health.com. Available at [www.health.com](http://www.health.com). 2. National Association for Continence. Available at [www.nafc.org](http://www.nafc.org).



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