

Incontinence

What is Bladder Incontinence?

Leakage of urine from the bladder is known as incontinence, when you are no longer able to control your bladder as you once could.

What are the reasons for Male Incontinence?

Incontinence is not a disease. It is a symptom of physical changes happening within the body. These changes may occur with aging but are often associated with stroke, prostate enlargement, prostate cancer, spinal cord injury, multiple sclerosis or something as simple as a urinary tract infection (UTI).

Because there are many causes of incontinence you should seek medical advice to find the explanation behind your symptoms. It may be something easy to diagnose and treat. It may also be the onset of something far more serious such as prostate cancer. Only your physician will be able to make a proper diagnosis and recommend appropriate treatment.

In some cases, your incontinence may be temporary, and you will be able to resume normal daily living. If you become permanently incontinent you will need to develop a long-term plan for staying dry.

I feel alone. How many suffer from Incontinence?

In the United States there are an estimated 4 million men that suffer with incontinence. Of these 4 million, generally onset of symptoms begins in the early 50's and numbers increase with age, but incontinence can strike anyone for many reasons.

Types of Incontinence

1.-Urge Incontinence – If there is a strong and sudden desire to urinate (urgency) and there is lack of control you may be experiencing Urge Incontinence. Your physician may sometimes refer to this as an overactive bladder. In some instances, you may not be able to control the urge long enough to make it to the restroom in time. Urine can leak the instant you feel the urge to pass it. Even the sound of running water can provide enough stimuli to cause urination.

2.-Overflow Incontinence – Several conditions may cause an overflowing bladder. Regardless of the reason, overflow incontinence occurs when the

bladder is full and any excess of urine leaks. It may dribble out constantly or when you move suddenly. Some men feel that their bladder is full most of the time which presents an uncomfortable feeling. Others never experience the feeling of fullness but have overflow leakage just the same.

3.-Stress Incontinence – Leakage with stress incontinence occurs during times of stress. This may happen with a sneeze, a cough, while laughing or when lifting heavy objects. These types of stresses put pressure on the bladder, and because of weak pelvic muscles, can cause the bladder to leak. Stress incontinence is not common in men.

4.-Reflex Incontinence – May occur as a result of spinal cord or neurological trauma, or disease. There is little or no sensation of the bladder, causing loss of voluntary control.

5.-Functional Incontinence – When there are communication issues or physical disabilities there are instances when you just cannot get to the restroom in time.

6.-Mixed Type Incontinence – Some men will experience more than one type of incontinence simultaneously.

7.-Other Incontinence – Incontinence can be the result of surgical procedures such as prostate or rectal surgeries.

The incontinence no only affects in the sexual life on men.

Post prostate cancer treatment deal with incontinence