

Statistics on Incontinence

- Canadian Urinary Bladder Survey (2003) found 55% of women and 30% of men over 65 have urinary incontinence
- Among all Canadian adults, at least 7% of women and 3.5% of men admit having an incontinence problem
- **Three out of four people with incontinence don't seek help**
- An individual with incontinence may spend an average of \$1500/year on products
- Adds \$1.9 billion in health care costs to the Canadian system yearly
- Costs Canadian employers over 11 million days of lost work



Impact if not addressed

- Serious emotional toll – can affect sense of confidence and dignity
- Seniors with incontinence have twice the rate of depression than those who do not have the condition
- Urinary incontinence, dementia and stroke are the three chronic conditions that most adversely affect an individual's health-related quality of life
- Impacts ability to maintain independence in own home or supportive living environment
- Affects all parts of a person's life including social interactions, sex life, ability to work, travel, play sports, participation in community life

For more information, contact

Halton Region

Dial 311 or 905-825-6000

Toll free 1-866-442-5866

TTY 905-827-9833

www.halton.ca

Seniors and Continence



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Fast Facts

Elder Services Advisory Committee (ESAC)



Types of Incontinence

- **Stress Incontinence:** leakage when coughing, sneezing, laughing, lifting or other activity that causes abdominal pressure to be stronger than the bladder's closure mechanism
- **Urge Incontinence:** a strong desire to urinate and the inability to delay voiding long enough to get to a toilet
- **Overflow Incontinence:** frequent leakage of urine without the urge to void or the inability to urinate normal volumes
- **Functional Incontinence:** normal bladder function but cannot get to the toilet in time due to problems moving, thinking or communicating

Contributing Factors

- Fluid intake – too much caffeine, alcohol or other irritants to the bladder and not enough water
- Urinary tract infections
- In women, childbirth, personal hygiene or muscle weakness
- Constipation
- Medications (e.g., diuretics)
- Weak pelvic floor muscles
- In men, problems can occur before and/or after prostate surgery

- Several medical conditions can lead to incontinence, such as diabetes, Parkinson's disease, Multiple Sclerosis, stroke, dementia, or obesity

Key Things to Know

- **Incontinence is not a part of normal aging**
- **There are a wide range of treatment options** (not just surgery or medications)
- **There's a lot you can do to help yourself**
- **Experts can help you find the treatment that is right for you**

Treatment Options

- Consultation with continence advisor (see Resources)
- Exercise to strengthen the pelvic muscles
- Medication (from physician)
- Surgery (in some cases)
- Absorbent products or collection devices (it's important to have the product that is right for you)

Discuss all treatment options with your health care professional. Something new may have been developed which may be appropriate for you.

Resources to Help

- **Community Care Access Centre (CCAC) - Visiting Nurse Continence Advisors**
Call 310-2222
- **Continence Care Clinics (Hamilton)**
905-573-4821
- **Trillium Health Centre (Etobicoke)**
Clinical Nurse Continence Specialist
416-542-4090
- **Urology Resource Centre**
488 Locust St, Burlington
905-681-9300
- **Canadian Continence Foundation**
www.canadiancontinence.ca
- **Canadian Nurse Continence Advisor Associations**
(consumer section)
<http://www.cnca.ca/consumers.htm>

