



Better care for your aging parents.

notes

Seven Types of Urinary Incontinence

Here's some help to determine if your parent has an incontinence problem:

- Transient incontinence** is typically the result of a temporary change such as urinary tract infection, medications, or severe constipation.
- Stress incontinence** is most common in women whose bladder muscles are weakened.
- Overflow incontinence** is the type of incontinence more common in elderly men who may have enlarged prostate glands.
- Urge incontinence** causes people to feel an "urgent" need to urinate due to muscle spasms in the bladder.
- Total incontinence** means urine leaks constantly; it is usually caused by injury.
- Psychogenic incontinence** is the loss of urinary control caused by the person's emotional state.
- Mixed incontinence**, in which there are several factors or causes involved, is also possible. For example, many older women suffer from both urge and stress incontinence.

For more information on these questions and what to expect, access the Parentgiving Learning Center.