

# Types of Incontinence



Type	Description	Symptoms	Causes
<b><i>Stress Incontinence</i></b>	The loss of urine when you exert pressure or stress on your bladder	Bladder leakage when you cough, sneeze, laugh, exercise or lift something heavy	<ul style="list-style-type: none"><li>• Physical changes resulting from prostate cancer treatment such as surgery or radiation therapy</li></ul>
<b><i>Urge Incontinence</i></b>	The sudden intense urge to urinate, often followed by an involuntary loss of urine	<p>A sudden or frequent emptying of the bladder</p> <p>Getting up two or more times a night to urinate</p>	<ul style="list-style-type: none"><li>• Urinary tract infections</li><li>• Bladder irritants</li><li>• Bowel problems</li><li>• Parkinson's disease</li><li>• Alzheimer's disease</li><li>• Stroke</li><li>• Multiple sclerosis</li></ul>
<b><i>Mixed Incontinence</i></b>	A combination of both stress and urge incontinence		
<b><i>Overflow Incontinence</i></b>	The frequent or constant dribble of urine	The feeling that you never completely empty your bladder, and when you urinate, you may produce only a weak stream of urine	<ul style="list-style-type: none"><li>• Damaged bladder</li><li>• Blocked urethra</li><li>• Nerve damage from diabetes</li></ul>
<b><i>Functional Incontinence</i></b>	The inability to make it to the bathroom in time	Physical or mental disabilities that prevent you from reaching the bathroom in time	<ul style="list-style-type: none"><li>• Mobility or manual dexterity issues (e.g. arthritis, etc.)</li><li>• Pain with movement</li><li>• Certain medications such as sedatives</li></ul>
<b><i>Total Incontinence</i></b>	The continuous total loss of urinary control	Constant leaking of urine or the periodic uncontrollable leaking of large volumes of urine	<ul style="list-style-type: none"><li>• Injuries to the spinal cord or urinary system</li><li>• Birth defects</li><li>• Severe trauma</li><li>• Neurological disorders</li></ul>