

HEALTH TIP



5 URINARY INCONTINENCE TYPES

Learn more about the types of urinary incontinence and their key features:



Stress Incontinence – Causes loss of urine upon coughing, sneezing, laughing, exercise, or other activities that put pressure on the bladder.



Urge Incontinence – An extreme urge to urinate which is followed by an uncontrollable loss of urine.



Overflow Incontinence – Consistent urine loss through “dribbling” which is the result of a bladder that is unable to fully empty.



Functional Incontinence – A physical or mental impairment which prevents a person from reaching the toilet in time to urinate.



Mixed Incontinences – Occurs when one or more of the above urinary incontinence types are present simultaneously.

