

Patient Information on Urinary Incontinence or Leakage

OVERVIEW

Urinary incontinence is common but not normal. Good solutions exist without surgery. In fact, behavior changes improve symptoms for most women. These changes are:

- pelvic floor muscle exercises (also called Kegels)
- avoiding constipation
- maintaining a healthy weight
- using the toilet on a schedule

To sign up for a small group class about bladder health visit: <https://wihealthyaging.org/mom/>

To watch videos about bladder health visit

In English:

<https://youtu.be/TaYuLgpLVLs> (18 minutes)

<https://www.youtube.com/watch?v=EKRK95HMkE4> (11 minutes)

In Spanish:

<https://www.youtube.com/watch?v=fhx7bDwNcRw> (13 minutes)

<https://youtu.be/DCPPTSmU4sQ> (5 minutes)

If behavior changes do not improve your symptoms, ask your doctor about other treatment options (like physical therapy, medicine, pessary, referral to a specialist). You can learn more at www.voicesforpfd.org

Additional Patient Information Resources for Clinicians

VIDEOS (QR codes on last pages)

English	Spanish
https://www.youtube.com/watch?v=EKRK95HMkE4 (11 minutes)	https://youtu.be/DCPPTSmU4sQ (5 minutes)
https://youtu.be/TaYulgpLVLS (18 minutes)	https://www.youtube.com/watch?v=fhx7bDwNcRw (13 minutes)

HANDOUTS

	Large Print	Regular Print	Spanish
Bladder Exercises	https://www.augs.org/assets/2/6/Bladder_Training_Large_Print.pdf	https://www.augs.org/assets/2/6/Bladder_Training.pdf	https://www.augs.org/assets/2/6/Pelvic_Floor_Muscle_Bladder_Training_Spanish.pdf
Stress Incontinence	https://www.augs.org/assets/2/6/SUI_Large_Print.pdf	https://www.augs.org/assets/2/6/SUI.pdf	https://www.augs.org/assets/2/6/SUI_Spanish.pdf
Overactive Bladder	https://www.augs.org/assets/2/6/OAB_LARGE_PRINT.pdf	https://www.augs.org/assets/2/6/OAB.pdf	https://www.augs.org/assets/2/6/Overactive_Bladder_Spanish.pdf
Vaginal Estrogen Therapy	https://www.augs.org/assets/2/6/Vag_Estrogen_Therapy_LARGE_PRINT.pdf	https://www.augs.org/assets/2/6/Vaginal_Estrogen_Therapy.pdf	https://www.augs.org/assets/2/6/Vag_Estrogen_Therapy_Spanish.pdf

REFER A PATIENT TO THE MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER CLASS

Healthcare providers can refer patients to MOM using the following link:

<https://forms.wihealthyaging.org/wiha-health-promotion-program-referral-from-a-professional?previewkey=abf6471219>

Referral requires patient's first and last name, preferred phone number, and city.

Patients can register themselves by visiting the following link:

<http://wihealthyaging.org/mom/>

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a proven program designed to give women the tools they need to take control of bladder and bowel leakage. Women work in a small group to learn strategies for preventing or improving symptoms including information sharing, group activities, simple exercises, and dietary changes.

QR CODES FOR UI PATIENT VIDEOS IN ENGLISH



18 minute video English

<https://youtu.be/TaYuLgpLVLS>



11 minute video English

www.youtube.com/watch?v=EKRK95HMkE4

QR CODES FOR UI PATIENT VIDEOS IN SPANISH



13 minute video Spanish

<https://www.youtube.com/watch?v=fhx7bDwNcRw>



5 minute video Spanish

<https://www.youtube.com/watch?v=DCPPTSmU4sQ>