



## Safe, Nonsurgical Incontinence Treatment Program

### The Problem

Incontinence means the involuntary loss of bladder control or bowel control - the inability to predict when and where urination and/or bowel movements will occur.

Incontinence is a common disorder experienced by as many as 20 million males and females of all ages. It often seems difficult to manage and many are of the mistaken belief that nothing can be done to correct it. Incontinence can lead to frustration, isolation and depression. The elderly find themselves placed in nursing homes when family members are no longer able to cope with the problems incontinence creates.

### It's Not Hopeless

Incontinence is not a hopeless condition. In and of itself, incontinence is not a disease, but rather a symptom of an underlying condition that affects men and women of all ages and backgrounds. Embarrassment, shame and a mistaken sense of futility about management of the problem can prevent people from seeking help.

### Causes & Types of Incontinence

There are many causes of incontinence, including infections, pregnancy, surgery and being overweight. It can also be brought on by a variety of diseases, such as diabetes, multiple sclerosis and muscular dystrophy.

There are different types of incontinence:

- ♦ **Stress Incontinence** - A small amount of urine is released by such everyday physical activities as laughing, coughing and sneezing.
- ♦ **Urge Incontinence** - The urge to urinate comes on so suddenly that it is often impossible to reach a toilet in time.
- ♦ **Overflow Incontinence** - The bladder is constantly filled, causing it to release small amounts of urine frequently.
- ♦ **Reflex Incontinence** - The absence of bladder control is due to impaired nerve function.
- ♦ **Fecal Incontinence** - Impaired rectal sensation or muscle control results in the loss of stool or the staining of underclothes.

### Designed to Meet Your Needs

At Riverview Rehabilitation Center, you will find a conservative approach to solving your incontinence problem.

We advocate a self-help program of exercise and surface electromyography (EMG), which has proven effective in helping many people regain bladder and/or bowel control. The exercises are essential in strengthening the muscles that support the pelvic and/or prostate organs. When weakened or stretched, the muscles can cause or contribute to the problem of incontinence.