

Bladder Matters for Women

Experiencing Urine Leakage? You're not alone and you have options.



Urinary incontinence—or bladder leakage—is common, but it doesn't have to be. Symptoms include:

- Leaking urine while coughing, laughing, sneezing, exercising
- Feeling a sudden, strong need to urinate
- Urinating many times during the day and night
- Leaking urine before you reach the toilet



More than one-half of women over 20 years of age reported any urinary leakage



Women are 2x more likely to experience urinary incontinence than men.

Two-thirds of women who experience a leaky bladder haven't spoken to their doctors about it.

Women wait an average of 6.5 years before seeking professional help for a leaky bladder.



40% of women with bladder leakage report embarrassment about their symptoms.

Easy and effective nonsurgical treatment is available to help you take back control of your life.



Ask your doctor which treatment is right for you:

- Bladder control and urinating strategies
- Fluid management
- Pelvic floor muscle training
- Medication

“

I suffered with severe UI for 35 years. It seemed somehow shameful not to be able to control my bladder. It was life-changing for me to discover that so many others also suffered from the same issue. Opening up to my doctor about UI was the first step in finding relief. Now they understand my needs and life is better.”

– Patient, Tennessee

“

Women often suffer with incontinence for years before mentioning it to a physician. I simply listen, examine, and reassure. And then, most of the time, I prescribe behavioral modifications and physical therapy. When I see them in follow up, their reports are usually glowing and in disbelief that the treatments made a huge difference.

– Provider, Wisconsin



Bladder leakage doesn't have to be a problem. Take back control of your life by talking to your doctor today about what treatments might work for you.

This work was funded under grant number 75Q80120D00020 / 75Q80122F32001 from the Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health and Human Services (HHS). The authors are solely responsible for this document's contents, findings, and conclusions, which do not necessarily represent the views of AHRQ. Readers should not interpret any statement as an official position of AHRQ or of HHS. None of the authors has any affiliation or financial involvement that conflicts with the material presented.