

Types of Incontinence

Type	Description	Symptoms	Causes
<i>Stress Incontinence</i>	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	Physical changes resulting from: <ul style="list-style-type: none">• Pregnancy, childbirth and menopause (women)• Prostate cancer treatment such as surgery or radiation therapy (men)
<i>Urge Incontinence</i>	The sudden intense urge to urinate, often followed by an involuntary loss of urine	A sudden or frequent emptying of the bladder Getting up two or more times a night to urinate	<ul style="list-style-type: none">• Urinary tract infections• Bladder irritants• Bowel problems• Parkinson's disease• Alzheimer's disease• Stroke• Multiple sclerosis
<i>Mixed Incontinence</i>	A combination of both stress and urge incontinence		
<i>Overflow Incontinence</i>	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">• Damaged bladder• Blocked urethra• Nerve damage from diabetes
<i>Functional Incontinence</i>	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">• Mobility or manual dexterity issues (e.g. arthritis, etc.)• Pain with movement• Certain medications such as sedatives
<i>Total Incontinence</i>	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">• Injuries to the spinal cord or urinary system• Birth defects• Severe trauma• Neurological disorders