## Types of Incontinence

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| **Stress Incontinence** | 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:  
  - Pregnancy, childbirth and menopause (women)  
  - Prostate cancer treatment such as surgery or radiation therapy (men)                                                                                                                                   |
| **Urge Incontinence** | 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 | Urinary tract infections  
  - Bladder irritants  
  - Bowel problems  
  - Parkinson’s disease  
  - Alzheimer’s disease  
  - Stroke  
  - Multiple sclerosis |
| **Mixed Incontinence** | A combination of both stress and urge incontinence                           | The feeling that you never completely empty your bladder, and when you urinate, you may produce only a weak stream of urine | Damaged bladder  
  - Blocked urethra  
  - Nerve damage from diabetes                                                                                                                |
| **Overflow Incontinence** | The frequent or constant dribble of urine                                  |                                                                                                                                              |                                                                                                                                                                                                       |
| **Functional Incontinence** | The inability to make it to the bathroom in time                            | Physical or mental disabilities that prevent you from reaching the bathroom in time                                                        | Mobility or manual dexterity issues (e.g. arthritis, etc.)  
  - Pain with movement  
  - Certain medications such as sedatives                                                                                                      |
| **Total Incontinence** | The continuous total loss of urinary control                               | Constant leaking of urine or the periodic uncontrollable leaking of large volumes of urine                                               | Injuries to the spinal cord or urinary system  
  - Birth defects  
  - Severe trauma  
  - Neurological disorders                                                                                                                    |