



Incontinence Under-reported in Younger Women

By ROBERT PUGACH, MD

Many people don't know that bladder control problems are one of the most common health problems that women face every day. A mistaken belief is that urinary incontinence is more prevalent in middle-aged to older women, especially those who've had a baby. Many believe the bladder problems are a part of getting older.

However, according to a 2016 study in the *Annals of Internal Medicine*, researchers found that women who have never been pregnant suffer from bladder control problems and that incontinence is often under-reported. A study from Monash University in Melbourne, Australia studied women between the ages of 16 and 30 who had never been pregnant. The researchers found that women who had been sexually active and who were not currently using oral contraceptives had the highest rate of urinary incontinence.

There are many reasons younger women may be affected by bladder control symptoms. These include previous episodes of trauma, recurrent bladder infections, back injuries, side effects from medications and poor pelvic muscle tone. Symptoms can get so bad that some women don't want to leave their homes because of a fear of embarrassing leakage. The young women in the study reported an increased sense of shame from bladder leakage.

The truth is that there is no need to be embarrassed. Treatment is available in many ways at a location close to you! Some of these remarkable answers to your incontinence include:

- Pelvic floor rehabilitation exercises – computer assisted exercises that strengthen your own muscles to control leakage.
- Acupuncture - it's the only FDA approved form of acupuncture for bladder control!

- Injections of BOTOX – it doesn't make your bladder wrinkle free – it just stops unwanted urges to urinate.
- Remarkable implantable tiny batteries that signal your bladder to control itself!
- The latest generation of medications that can dramatically improve your bladder control.

No matter what type of bladder control or incontinence problem you have, you don't have to be embarrassed by your condition any longer! At *Pacific Coast Urology's Bladder Control Center for Women* we have helped countless women of ALL ages regain bladder control. Learn more about how we can help by visiting:

<http://www.pacificcoasturology.com/womens-bladder-control/>



We can help! Call, 888-735-4336 for your personal consultation.

Pacific Coast Urology Medical Center is one of the leading medical practices in the US specializing in the minimally invasive treatment of urological conditions.