

## **What are Female Urinary Issues?**

If you're one of the many women who experience bladder control problems, don't let embarrassment keep you from getting the help you need. Leaking urine, having to urinate frequently and experiencing other symptoms of urinary incontinence aren't trivial consequences of childbirth or a natural part of aging.

Not all doctors routinely ask about urinary function during an exam. It's up to you to take the first step. If you have bladder control problems, tell your doctor about them and ask for help.

## **Why do I need to ask for help?**

Bladder control problems require medical attention for several reasons. Reduced bladder control may:

- Cause you to restrict your physical activities
- Lead you to withdraw from social interactions
- Increase risk of falling if you have balance problems and rush to the bathroom to avoid leaking urine

Sometimes having a bladder control problem means you may have a serious underlying medical condition, such as diabetes or kidney disease.

## **When to seek help?**

A few isolated incidents of urinary incontinence don't necessarily require medical attention. And most people, as they age, have to get up to urinate at night. But if the problem affects your quality of life, consider having your symptoms evaluated.

Make an appointment with a provider if:

- You're embarrassed by urine leakage, and you avoid important activities because of it
- You often feel urgency to urinate and rush to a bathroom, but sometimes don't make it in time
- You often feel the need to urinate, but you're unable to pass urine
- You notice that your urine stream is getting progressively weaker, or you feel as if you can't empty your bladder well

Most of the time, symptoms can be improved.