

Facts About Incontinence

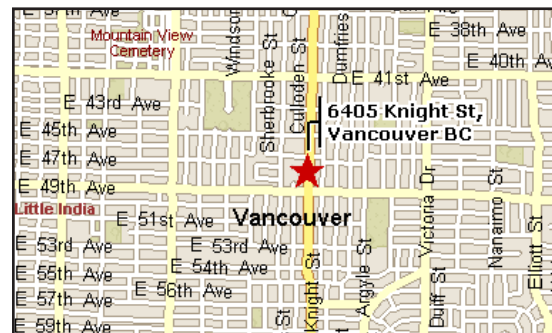
- Incontinence can usually be cured or managed.
- Incontinence is not a normal part of aging. People with the problem should seek advice of a physician.
- More than three million Canadians suffer from incontinence. One in four women, and one in ten men are so affected.
- It is estimated that up to 40% of the elderly people in the community suffer from incontinence.
- Millions of dollars each year are spent on incontinence products.
- Incontinence has a significant impact on the person's life, causing isolation and loss of independence.
- Incontinence can be a major reason for entering a nursing home.
- Problems such as decreased fluid intake or constipation can make incontinence worse.

Where to find the Continenence Program?

Pacific Spirit Community Health Centre
2110 West 43rd Avenue
Vancouver, BC V6M 2E1
604-267-2697



South Community Health Office
6405 Knight Street
Vancouver, BC
604-321-6151



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If you have concerns about bladder control call

Continenence Promotion and Management Program

Offering Assessment & Treatment of Incontinence for adults by a Nurse Continenence Advisor

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2110 West 43rd Avenue
Vancouver, BC V6M 2E1
Tel: 604-267-2697

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What is Incontinence?



Incontinence is the involuntary loss of urine or stool.

It is not disease but rather a symptom of a physical or neurological disorder.

Who experiences incontinence?

- Post-partum moms
- Menopausal women
- Post hysterectomy
- Post prostate treatment
- Seniors

45% of people experiencing symptoms never mention them to a Doctor or Health Care Professional.

Symptoms can include:

- Urgency
- Frequency
- Leakage
- Straining
- Nocturia (urinating more than 3 times per night)
- Constipation
- Incomplete Bowel Emptying
- Loss of Control

Who can refer to the program?

Anyone can make a referral to the program: health care professionals, self-referral and family members.

Our Program Can Help in The Following Ways:

- Assessment—determine the cause of your incontinence and assess what treatment would be best for you.
- Treatment Programs—designed to decrease episodes of incontinence and related problems.
- Consultation—we are available to health care facilities and the community for consultation on issues ranging from individual patient needs to program development.
- Educational Presentations— we do presentations to health care professionals and the public.

