

## INCONTINENCE FACT SHEET

### The Facts about Urinary Incontinence

- An estimated 13 million adults of all ages suffer from urinary incontinence – women account for nearly 85 percent of cases.
- Urinary incontinence is most often classified into four categories:
  - Stress** – the involuntary loss of urine during physical activities such as coughing, sneezing, laughing, exercising or other ordinary movements.
  - Urge** – an abrupt and uncontrollable desire to void the bladder.
  - Mixed** – a combination of urge and stress urinary incontinence.
  - Overflow** – the involuntary loss of urine resulting from an overfilled bladder without any corresponding feeling or urge to void.
- Nearly one in four women with urinary incontinence has never discussed her condition with a healthcare provider, and one in 10 women believes that a provider cannot help her.
- Women of all ages are at risk for urinary incontinence, from athletes in their mid-twenties and women of childbearing age, to women experiencing menopause in middle age and women aged 60 and older.

### Stress Urinary Incontinence

- Stress urinary incontinence is presumed to be the most prevalent type of incontinence.
- Causes of stress urinary incontinence [may] include:
  - Strenuous exercise
  - Childbirth
  - Loss of pelvic muscle tone
  - Loss of estrogen
  - Gynecological surgery

## Treatment Options for Stress Urinary Incontinence

- Many cases of female urinary incontinence – particularly stress urinary incontinence – are **treatable**.
- Treatment options for stress urinary incontinence include:
  - Medical devices that block or capture urine.
  - Surgery to repair or lift the urethra and bladder neck to prevent slippage during straining or sudden movement.
  - Kegel or pelvic muscle strengthening exercises.
  - Electrical stimulation to help return injured muscles to fitness and biofeedback to record progress in strengthening treatments and exercises.
  - Medication to increase or decrease the activity of the bladder muscle, or medication to increase or relax the closure of the bladder sphincter.
- GYNECARE TVT\* Tension-free Support for Incontinence is a device that offers a viable option for the successful treatment of stress urinary incontinence and some combinations of stress and urge incontinence with minimally invasive surgery.
  - GYNECARE TVT supports the bladder neck and urethra, replicating more accurately the organ's natural positioning. A variation on the sling procedure, GYNECARE TVT uniquely provides support at the middle of the urethra, the section that is under the most strain during exercising, laughing, coughing or sneezing. Studies suggest that GYNECARE TVT actually stimulates collagen production and thus helps restore the strength and elasticity of connective tissue between the vaginal wall, urethra and pelvic floor muscles.

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Visit [www.gynecare.com](http://www.gynecare.com) to learn more about GYNECARE TVT Tension-free Support for Incontinence.