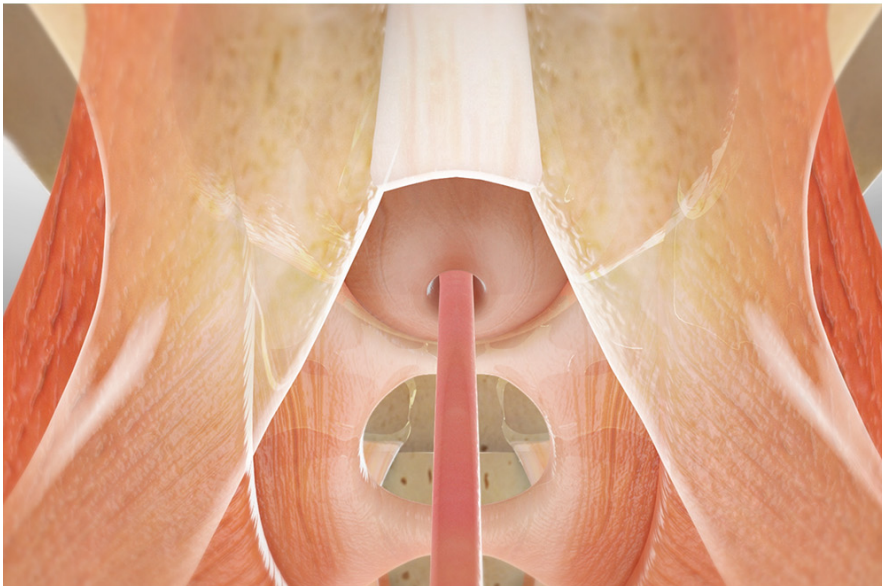




Stress Urinary Incontinence (SUI)



Overview

This is a problem that most commonly affects women. It's when you have trouble holding your pee when pressure is put on your bladder. Pee can leak when you exert yourself in some way, like during physical activity.

Causes

What causes this problem? It happens when you have a weakness in your pelvic floor muscles. These muscles support your bladder, and in women, they also support the urethra. The bladder holds pee. The urethra is the opening urine comes out of when you pee. Your pee may also leak if the muscle around the opening of your bladder is too weak.

Symptoms

What are the symptoms? With this condition, pee may leak when you cough, sneeze or laugh. It may leak when you're sitting and you stand up. It may leak when you're exercising, or when you lift something heavy. It can also leak during sex.

Treatment

How do we treat it? Your doctor may suggest changing some of your behaviors. This may include things like losing weight, avoiding caffeine and adding fiber to your diet. Exercises and therapies can strengthen your pelvic floor muscles. If these don't help, you may need some other treatment. Surgery may be an option. Your doctor will create plan that's right for you.