

Causes of Incontinence

Care Together

While the body's ageing process can contribute to incontinence, there can be a variety of health conditions and life events that can put you at risk of developing either urinary or faecal incontinence.

The risk factors most commonly linked with **urinary incontinence** include:

- pregnancy and childbirth
- younger women who have had children
- menopause
- obesity
- urinary tract infections
- constipation
- specific types of surgery such as prostatectomy (removal of all or part of the prostate) and hysterectomy (removal of all or part of the uterus and/or ovaries)
- reduced mobility preventing you from getting to or using the toilet

- neurological and musculoskeletal conditions such as multiple sclerosis and arthritis
- health conditions such as diabetes, stroke, heart conditions, respiratory conditions, and prostate problems
- side effects from some medications
- prescribed or natural diuretics including caffeine

A risk factor for **faecal incontinence** is urinary incontinence. Other risk factors are similar to those of urinary incontinence, but also include:

- constipation
- chronic diarrhoea
- dementia

If you fall into one of these risk categories and are worried about poor bladder or bowel control (or experience symptoms of incontinence) speak to your doctor, a continence health professional or a continence nurse advisor. The good news is that, in many cases, incontinence can be cured and it can always be managed.

For more information on continence care, a free sample or help selecting the most suitable **DEPEND®** or **POISE®** product,



Call 1800 028 334 or visit www.depend.com.au or www.poise.com.au
For HealthCare Professionals or Carers visit www.dependcare.com.au

