

we COUNT
MEASURING THE HUMAN TOLL OF INCONTINENCE

WHAT'S HOLDING YOU BACK FROM EFFECTIVE TREATMENT?

NAFC's We Count survey found several key barriers can keep people from getting the care and treatment they need — but there are options and help is available.

75% stopped a treatment because it didn't work well enough.

One treatment not working doesn't mean you're out of options. Explore what else may be available.

84% had spoken with a healthcare provider, yet only 34% left with a clear understanding of what might be causing their symptoms.

Understanding what's causing your symptoms can help you find the right path forward. Ask questions and get the answers you need.

42% were given a treatment or management path without having the broader range of treatment options explained.

There may be more options than you realize. Explore the full range of treatments and ask what may be right for you.

1 in 7 people who spoke with a healthcare provider couldn't say whether they had been diagnosed.

Getting clarity is a powerful first step. Ask your provider about your diagnosis and what it means for your care.

41% had spoken with a provider in the past but were no longer receiving care or treatment.

It's never too late to reconnect with care. Find a provider and restart the conversation about your symptoms.

47% said their current approach to managing their bladder symptoms isn't working.

If managing symptoms isn't enough, it may be time to explore what else could help.

26% said emotional concerns such as embarrassment or anxiety had made seeking care harder.

You're not alone. Bladder symptoms are common and treatable. Break the silence and take the next step toward better care.

KEY TAKEAWAY

Many people face multiple barriers to getting effective treatment — but understanding your options can open new paths forward.

NATIONAL ASSOCIATION FOR CONTINENCE

You're not alone and ***help is available.***

Explore resources, find a provider and learn more about treatment options at **NAFC.org/we-count**

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