



Talking To Your Doctor About Urinary Incontinence

There's no getting around it: Talking with your doctor about bladder health isn't something that any of us look forward to. It can be embarrassing to discuss your symptoms out in the open, but an honest conversation with your physician is the best way to find treatments that work. And make no mistake about it, there **are** effective treatments for you, no matter what your condition.

If that sounds surprising, you're not alone. The National Association for Continence recently surveyed more than 1,100 patients about their experiences with incontinence, and what came across loud and clear was that there's an enormous amount of confusion and misunderstanding out there.

In fact, almost a quarter of people with symptoms thought that it was just a normal part of getting older. It's not! Maybe that's why 40% of the people surveyed hadn't even been diagnosed yet.

So how do you get that conversation going when you'd really rather not? With this discussion guide.

Simply complete this form before your next appointment – it will make you more comfortable with the key topics you'll want to cover, plus it will ensure that you don't leave anything out. And if you still can't find it in you to speak up, just hand it to your doctor and let them do the talking!

SYMPTOMS

Keep track of the symptoms you've been experiencing for at least 3 days, then use that information to fill in the blanks below. This will help your doctor identify possible leakage patterns.

Frequency of urination (how many times per day)?

How often do you experience sudden leakage that's not associated with physical activity (bending, lifting, coughing, sneezing, etc.)? How often with physical activity (and what types of activities)?

How many times a day do you experience the strong, sudden urge to urinate?

Do you ever feel like you're unable to completely empty your bladder? How often?

Do you experience daily life interruptions due to bladder issues - work, relationships, social commitments, travel, physical activity, etc.?

On a scale of 1-5 (with 5 being the most frustrated), how frustrated are you by your symptoms?



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MEDICATIONS

List any medications, vitamins or other supplements you are taking (whether prescribed or not), the doses you take and how often you take them.

My Medications:

QUESTIONS

Write down a list of questions you want to ask. Having them prepared ahead of time is a great way to make sure that you don't overlook anything in the moment. If you're not sure what to ask, here are some ideas to consider:

- Why are my symptoms getting worse? ■ Are there things I can do on my own that can help?
- What are my treatment options? ■ Are there any new treatments that might help me?

My Questions:
