Don’t be embarrassed to have a POTTY MOUTH

It can be embarrassing to talk to a doctor about urinary or fecal incontinence, which is the loss of bladder or bowel control. There’s a stigma around these hidden conditions, forcing many to become prisoners in their own homes. Don’t be one of the millions of people who suffer in silence. Open your mouth and discuss the following facts with your doctor.

OVERACTIVE BLADDER (OAB)

- 33 million Americans experience OAB
- $400 million spent each year for adult diapers that control urinary and fecal incontinence.
- 10, 20, OR 30 bathroom trips per day
- The average adult makes 4-7 trips.

FECAL INCONTINENCE

- 84% of patients with fecal incontinence have a physician unaware of the patient’s disorder.
- 45% to 50% of people with FI have severe physical and/or mental disabilities.
- 1 out of 6 seniors who lives in their own home or apartment have fecal incontinence.

FEATURING:

- Overactive Bladder (OAB)
- Fecal Incontinence

POSSIBLE CAUSES

- Side Effect of Medication
- Dietary Habits
- Constipation
- Pregnancy
- Hysterectomy
- Advanced Age
- Obstruction
- Neurological Disorders

TREATMENT OPTIONS

- Bowel Training
- Prescription Medications
- Pelvic Floor Physical Therapy
- Sacral Nerve Stimulation
- OTC Medications
- Pessaries

TAKE OUR 5 MINUTE PELVIC HEALTH QUIZ at summahealth.org/pelvicquiz to help determine if you have a pelvic floor disorder and establish the appropriate next steps. You can then download your personal results confidentially and schedule an appointment with a Summa incontinence specialist.

Statistics supplied by Medtronic:
8. Survey for the National Association for Continence (NAFC), sponsored by Medtronic, Inc. and conducted by Kelton Research. April 2009. The online survey was conducted using an email invitation. Respondents were 611 nationally representative American women ages 40-65 with overactive bladder.

Other Sources: