



Approximately 25 million Americans experience urine leakage.
Both men and women can have urinary incontinence.
It is most common in adults over 50, but it can also affect younger people.



Urinary Incontinence Profiler

Name: _____ mm-dd-yyyy

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YOUR URINARY INCONTINENCE SYMPTOMS

Moderate Urinary Incontinence



IMPACT OF INCONTINENCE ON YOUR QUALITY OF LIFE

Moderately Impacts Quality of Life



YOUR INCONTINENCE RISK FACTORS

4 High Risks

2 Moderate Risk

3 Low Risk

There are many treatment options for urine leakage, including simple techniques you can do on your own. Your doctor can help find therapies that work for you.

- You may have urge incontinence, sometimes called overactive bladder. You do not appear to have stress incontinence.
- You have indicated you have a small amount of urine leakage two to three times a week.
- Incontinence has a moderate impact on the quality of at least one aspect of your physical, social, or emotional well-being.
- You have moderate and/or high risk factors for incontinence. Pay particular attention to the risk factors you can change.

Urinary incontinence is a bladder control problem that results in unplanned urinary leaking. It can be caused by many different factors and can happen at any age.

Urine leakage can cause physical problems such as rashes, sores, skin infections, fungal infections, embarrassing odors, and urinary tract infections. It may even stop people from doing normal activities or interacting with others.

Sometimes, there are simple steps you can take on your own to improve bladder control. In other cases, talking to your doctor is the next step.

Work with your doctor on a strategy to improve the risk factors that you CAN change. Your doctor may have you try lifestyle changes or other therapies.

Risk Factors You CAN Change	High Risk	Moderate Risk	Low Risk
Weight		•	
Smoking			•
Certain medications			•
Eating acidic or spicy foods	•		
Drinking irritating liquids	•		

Risk Factors You CAN'T Change	High Risk	Moderate Risk	Low Risk
Age & Gender		•	
Family history of incontinence			•
Vaginal delivery/labor	•		
Post-menopause	•		

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This profiler is only for adults experiencing urine leakage.

EVALIA™ Personal Health Profilers

Need help finding a physician?
See the last page of the report for contact information.