

Everyone, with education and training, has the ability to improve their bladder health.



Gaining continence greatly depends on one's willingness to consistently follow through with a personal home program.



At *EntireCare*, our mission is to improve the health of the people and communities we serve.

*EntireCare* understands the importance of good health, exercise and daily activity. With a physician's order, most insurance companies will cover some or all of the cost associated with these programs. We will be happy to assist you in determining your coverage.

*EntireCare* is located within Verde Valley Medical Center, 269 S. Candy Lane, Cottonwood, off W. State Route 89A. Please enter through the Outpatient Services entrance.

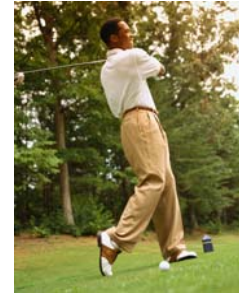
For more information contact:



928-639-6383

Information for this brochure was, in part, obtained from Beyond Kegels. Janet A. Hulme M.A., P.T.

## Bladder Health Program



Proven Solutions for Restoring Control

Reclaim Your Freedom



## What is incontinence?

Incontinence is the involuntary loss of bladder or bowel control. It's a major clinical problem and a significant cause of disability and dependence.

Incontinence, of either bladder or bowel, affects all age groups and is particularly common in the elderly. More than 75 percent of incontinence sufferers are women.

- 13 million American adults suffer from urinary incontinence.
- The average money spent on items needed to manage incontinence (diapers, laundry, pads) at home is approximately \$1,000-1,500 annually.
- Societal costs of managing incontinence are estimated at \$23-\$27 billion annually.



**The good news** is... incontinence can, in many cases, be successfully treated without the need for drugs or surgery.

Lifestyle changes, exercise, quieting techniques for the autonomic nervous system and a lifelong home program are a proven combination for success.

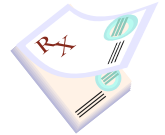
## Causes and Types of Incontinence

In all cases, incontinence is a symptom of some other disorder – it is not a disease itself. Loss of muscle control, childbirth, bladder infection, medication side effects, spinal injury, prostate and/or other surgery, obesity, neurodegenerative diseases and diabetes are some contributors to incontinence.

- **Stress incontinence** is the result of a sudden increase in intra-abdominal pressure which causes leakage. If you leak small amounts of urine when you sneeze, cough, bend, laugh or lift heavy objects, you could have stress incontinence.
- **Urge incontinence** occurs when people experience a sudden urge to toilet. This is usually associated with an uncontrollable large loss of urine prior to reaching a toilet.
- **Overflow incontinence** happens when the bladder is constantly full, causing small amounts of urine to be released frequently.
- **Functional incontinence** happens when physical or cognitive disability limits a person from voiding in an appropriate place.

## Beginning the Program...

1. A physician's prescription for Occupational Therapy is required. This must include the primary diagnosis and secondary incontinence diagnosis (i.e. *Pelvic Muscle Dysfunction with secondary Stress Incontinence*).



2. Upon receipt of this prescription and insurance authorization, you will be scheduled for an initial evaluation. Prior to this visit, you will receive a packet of information in the mail that must be completed and brought with you to your appointment.

3. Treatment sessions will include learning about the pelvic floor anatomy, dietary and lifestyle habits that affect continence and home exercises. Biofeedback will be used as a measurement tool to assess and train your pelvic floor muscles for optimal system function.

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In most cases you will be asked to schedule one or two visits per week until your therapist feels confident that you are exercising correctly and following the recommended dietary and lifestyle habits.

At or before discharge a reduction of leakage is realized for most types of incontinence.