

# Functional Incontinence

## What You Need to Know about Treatments



### What You Need to Know about Functional Incontinence

According to the Centers for Disease Control (CDC) more than 50 percent of adults aged 65 and over suffer from incontinence, 85% of them being women. It is fairly common for both men and women of all ages to be affected by some form of urinary incontinence.

There are several type of functional incontinences.

- **Stress Incontinence** – is involuntary loss of urine during physical movement (coughing, sneezing, exercising, laughing, lifting). In describing this condition the word "stress" does not refer to emotional stress, but the stress of increased physical pressure on the bladder.
- **Urge Incontinence** – is often referred to as "overactive bladder". It is the leakage of large amounts of urine at unexpected times, including during sleep. Those with urge incontinence feel a strong uncontrollable need to urinate. They may also feel the need to urinate often.
- **Overflow Incontinence** – is unexpected leakage of small amounts of urine because of a full bladder. The bladder may also never feel completely empty.
- **Mixed Incontinence** – is defined as having more than one type of incontinence occur at the same time, usually the occurrence of stress and urge incontinence together.
- **Transient Incontinence** – is the leakage that occurs temporarily because of a condition that will pass (infection, medication).

**Functional Incontinence is treatable.**

Functional incontinence can be treated. If you or your loved one is experiencing involuntary bladder leakages, contact a doctor as soon as possible.

Learn about the causes and associated risks of functional incontinence and how **physical therapy** can be effective in helping regain bladder control.

For more information contact [McLaren Macomb Rehabilitation and Therapy Services](#).

#### Bay River

36267 26 Mile Road, Ste. #5  
Lenox Township, MI 48048  
(586) 591-1420

#### Northpointe

37055 South Gratiot  
Clinton Twp., MI 48036  
(586) 783-9581

#### Richmond/Lenox

66440 Gratiot  
Lenox, MI 48050  
(586) 430-4027

#### Shelby Creek

8180 26 Mile Road  
Shelby Twp., MI 48316  
(586) 992-9030

1000 Harrington Blvd., Mount Clemens, MI 48043 | (586) 493-8000

[mclaren.org/macomb](http://mclaren.org/macomb)

