

CONTINENCE CONTROL PROGRAM



Ministry Rehabilitation Services
A Department of Sacred Heart-
Saint Mary's Hospitals

Urinary incontinence is a common problem that affects 13 million Americans. The good news is that many people are now being successfully treated at Ministry Rehabilitation Services' Continence Control Program. Many types of nonsurgical treatments are available including biofeedback, behavior modification, exercises and training programs.

Control Program

The Continence Control Program is staffed by a team of licensed occupational and physical therapists who have advanced training in the treatment of bladder control problems. Our staff understands the sensitivity of continence issues and supports your decision to take control.

Causes of Urinary Incontinence

Urinary incontinence is not a natural part of aging. It can happen at any age, and can be caused by a wide range of factors. Many of the causes are temporary and can be managed with simple treatment. Some causes of incontinence are:

- ▶ Infections
- ▶ Effects of medications
- ▶ Immobility
- ▶ Accidents
- ▶ Pregnancy/child birth
- ▶ Hormone imbalance

Types of Urinary Incontinence

Stress Incontinence

The leakage of small amounts of urine when coughing, sneezing, straining, or lifting.

Urge Incontinence

The urgent need to pass urine and the inability to get to the bathroom in time.

Overflow Incontinence

The spilling over of small amounts of urine when the bladder is still full. Symptoms may include frequent or constant leakage.

Mixed Incontinence

The combination of urge and stress incontinence.



For more information or to set up an appointment call (888) 843-1367.



Ministry Rehabilitation Services

A Department of Sacred Heart-
Saint Mary's Hospitals

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Types of Treatment

Talking with your health care provider about urinary incontinence is the first step. Once the type and cause of your incontinence are known, treatment can begin immediately.

Urinary incontinence is most often treated with low risk, cost effective behavioral techniques, medications, or surgery.

An individualized treatment plan is developed based on your needs. Specialists in internal medicine, urology, gynecology, and physical medicine are available as consultants regarding your care at your health care provider's request.

We welcome the opportunity of working with your health care provider and will keep him/her informed of your progress.



Ministry Rehabilitation Services Northern Wisconsin's most comprehensive rehabilitation center:

- ▶ Aquatic Therapy
- ▶ Comprehensive Pain Management
- ▶ Industrial Rehabilitation
- ▶ Occupational Therapy
- ▶ Physical Therapy
- ▶ Speech Therapy
- ▶ Sports Medicine
- ▶ Women's Specialty Services
- ▶ Wound, Ostomy, Continence Care

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