



Male incontinence: symptoms, causes and treatments

True or false?

→ Incontinence only affects older men

False. It is not true that you are destined to leak urine once you reach a certain age. Although involuntary urine leakage can sometimes occur due to age-related changes in the body, it is not a normal part of the aging process.

→ Incontinence is not a disease

True. It is a medical condition, normally related to the bladder or the prostate. It is a symptom that should alert you that something is going on in your body. It can be temporary or severe. Talking to your doctor and determining the cause of the problem is the first step. Incontinence can be cured, treated or controlled at any time.

→ Incontinence is not the same for all men

True. Some suffer from stress incontinence, which occurs when there is urinary leakage caused by coughing, sneezing, physical exercise or following radical surgery for prostate cancer; and some suffer from urge incontinence, also known as "overactive bladder", which is a loss of urine caused by a sudden and strong urge to urinate.

→ Drinking less does not prevent trips to the toilet

True. The less water you drink, the more concentrated your urine becomes, which can irritate your bladder and make symptoms seem worse. Maintain a healthy water intake (1.5 to 2 liters per day) and limit other liquids, such as alcohol, coffee and other products containing caffeine. These can increase the symptoms of an overactive bladder, such as increased urinary frequency, urgent urges to urinate, etc.

→ Many strategies can help you manage urinary problems

True. First, help your doctor to better understand how your bladder is working by keeping a diary of your urination. Depending on the type of incontinence, lifestyle changes are preferred, exercises that strengthen the pelvic floor muscles (Kegel) are incorporated as needed, and if treatment is prescribed, it should be explicitly followed. However, if none of these approaches improves your symptoms, surgery may be useful, especially to correct stress incontinence.

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