



# Bladder Control HRA

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## Your Result

**Treatable Control Problem(s)  
Identified**

**Bladder control problems like yours are treatable. See a doctor to determine the best treatment option for you.**

- You reported a bladder control problem. Bladder control problems are often treatable and sometimes curable.
- Your bladder control problem greatly bothers you. It's time to tell a health care professional.
- Losing weight may promote bladder health. Being at a "healthy" weight (183 lbs.)

## View Your Risk Factors

*Open any Risk Factor below to learn more about your risk and what you can change.*

Leak Risk

Activity- & Urgency-Related Leaks  
Increased Risk

Risk Factors for Activity-Related Leaks	Your History
Weight over 183 lbs. (for your height)	Yes
Surgery to pelvic area	No
Chronic cough or sneezing	No
High-impact activities over many years	No
Vaginal childbirth (women only)	Yes
Risk Factors for Urgency-Related Leaks	Your History
Regularly eat or drink bladder irritants	Unknown*
Take medications affecting bladder control	No
Risk Factors for Both Types of Leaks	Your History
Age over 39	No
Post-menopause (women only)	Yes
Current user of tobacco	Yes

*\*This question was only asked to people reporting this type of leak. If you have this risk factor, your leak risk could be higher.*

**Accidental Urine Leaks (Urinary Incontinence)**  
Urinary incontinence can be very frustrating and embarrassing. Sometimes, urine leaks can also be the sign of a serious health problem. That's why it's important to tell a health care professional about any bladder control problems.

## Treating Common Bladder Control Problems

Leaking urine while doing physical activities is the most common type of bladder control problem in younger and middle-aged women. It's rare in men. Treatments can include behavior changes, pelvic floor exercise therapy, and/or medication. Surgery can cure people who are good candidates.

When leaks happen with an urge to empty the bladder, simple at-home techniques, medications, and other treatments can help people regain bladder control. Having to visit the bathroom a lot (daytime or nighttime) can also be treated.

## Understanding Bladder Irritants

Urine leaks can sometimes happen because the bladder muscles contract (squeeze) at the wrong time. Bladder contractions may happen even when there's not much urine in the bladder. Eating acidic, spicy, or other irritating foods can make the bladder contract. For some people, urine leaks completely stop when they avoid one or more of these common bladder irritants:

- Spicy foods
- Acidic foods or fruit juices
- Carbonated drinks Coffee or tea
- Beer, wine, or spirits
- Smoking

Symptoms

Greatly Bothered By Symptoms

Bladder Control Problems	You Reported
Activity-related urine leaks	Yes
Urgency-related urine leaks	No
Frequent daytime/nighttime urination	Yes
Urine leaks not related to activity or urgency	No
Urinary Symptoms Needing Evaluation	You Reported
Visible blood in the urine	No
Pain with passing urine (peeing)	No
Pain in lower abdomen/genital area	No
Trouble emptying the bladder	No

Bladder Control Problems Are Common

Accidental urine leaks (incontinence) can happen in men and women and at any age.

Even though incontinence is treatable, people may be too embarrassed to talk to their doctor about urine leaks. Others may mistakenly think incontinence is a normal part of life.

All bladder control problems should be discussed with a health care professional. It's important to rule out serious health problems as the cause. Also, any of the urinary symptoms listed in the table on the right need immediate evaluation.

Most people with a treatable type of incontinence can completely control or greatly improve their symptoms. This, in turn, can also improve their overall quality of life.

### Causes of Accidental Urine Leaks

Accidental urine leaks (incontinence) can happen for many reasons. Some leaks happen because the bladder muscles contract (squeeze) at the wrong times. Some happen because the muscles that support the bladder are weak, so even slight pressure causes leaks. Incontinence due to weak muscles or overactive bladder is treatable and sometimes curable.

### Tell a Doctor About Urine Leaks

Urine leaks can be bothersome. They can stop people from living the life they want to live. Incontinence can also cause physical problems such as rashes, sores, skin infections, fungal infections, embarrassing odors, and urinary tract infections.

That's why all bladder control problems should be discussed with a health care professional.

## Take Your Next Steps

Based on your results, we recommend starting a conversation with a urologist. Let us help you find one.

[Help Me Find a Doctor](#)

Learn about our weight management programs designed to help you achieve a healthier weight and lower your risk.

[Learn More About Weight Loss](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

[Enroll Today](#)

NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

**DISCLAIMER**

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