



# Urinary Incontinence: I need to go! (Colección Salud)

*Pablo Gabriel Gutiérrez*

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## **Urinary Incontinence: I need to go! (Colección Salud)** Pablo Gabriel Gutiérrez

The involuntary leakage of urine is uncomfortable for the adults that suffer it because it affects their social and sexual life and their self-esteem. Women suffer it the most worldwide, the incidence is between 10% and 30% among them while among men is between 1.5% and 5%. Because of its origin, urinary incontinence may be urethral or extra-urethral. Why is it important to classify it? By identifying the cause, it's possible to understand why we suffer it. This will allow us to know what kind of treatment we need before medical consultation. How do I know if I have it? You can pay attention to certain symptoms such as the feeling of incomplete emptying and an increase in the number of times you urinate. Is my life at risk? Your life is not at risk, however, it's important that you know your ailment deeply, so that you can do your daily activities without worrying.

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