



WE COUNT

MEASURING THE HUMAN TOLL
OF INCONTINENCE

Do you leak when you laugh, sneeze
or cough? You could be suffering from
SUI or Stress Urinary Incontinence.

1 in 3

women experience
**STRESS URINARY
INCONTINENCE**

What is SUI?

Stress Urinary incontinence is leakage that occurs when you put pressure on your bladder, often from activities like laughing, sneezing, coughing, lifting or bending over.

What causes SUI?

It's usually caused by a weakening of the muscles around the urethra, often related to obesity, age, vaginal childbirth and participation in high impact sports.

The good news?

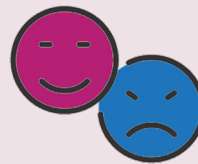
A wide range of treatments can be **very effective** at reducing leaks — for example, with some pelvic floor training tools, [up to 95% of women reported a reduction in leaks](#).



The most common
form of incontinence
in women

40-59

Typical age range
for patients



Linked with isolation,
depression and reduced
quality of life



Can lower self esteem
and increase mental
health struggles

So many treatments...

Ask your doctor
about your options



Behavior
modification



Kegel
exercises



Bulking
agents



Physical
therapy



Surgery



Pelvic Floor
Devices

NATIONAL ASSOCIATION

**NA
FC**

FOR CONTINENCE

Ready to learn more? Click here to start
your journey towards a life without leaks:

**NAFC.org/
we-count**

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