

# Tips On Talking To Your Doctor About Incontinence

According to the National Association for Continence (NAFC), over 25 million adult Americans experience temporary or chronic urinary incontinence. Getting accurately diagnosed is an important key to successful treatment for bladder control problems – here are a few tips from the [NAFC](#) on talking to your doctor about incontinence.

- Speak up! Don't be afraid to bring up the subject when symptoms start--treatment will only be as successful as you make it, so get in the know.
- Tell your doctor all of the details of your experience, even the small ones you think don't matter as much.
- Be prepared for your visit by gathering information such as:
  - Recorded toilet habits over a two-day period
  - A list of everything you ate and drank
  - Any nighttime trips to the bathroom? How many?
  - Note the strength of urine flow
  - Any accidents? What happened to cause them?

It's important to overcome your hesitancy and discuss the problem in detail with your doctor. Your healthcare provider will work with you to create a treatment plan and discuss programs like Total Therapy – Continence and how they might work for you.

The things you love are waiting for you – don't let incontinence stand in the way of being present and living your best. Life may be unavoidable, but accidents are not. With the right kind of help, you can get back to where you belong – with confidence.

*\*Source: National Association for Continence*

