Urinary incontinence to the test

Key factors in 5 points (1)

1. **The mechanism**
   - Urethral sphincter insufficiencies that lead to urinary leaks when intra-abdominal pressure suddenly increases.

2. **False preconceptions**
   - "It only concerns elderly women"  
     - **NO**: 1 out of 5 women over the age of 18 are concerned.
   - "It's not that serious"  
     - **YES**: the psychosocial consequences are very important.

3. **Solutions to reduce leaks**
   - Pelvic floor muscle training
   - Surgical intervention (laying strips)
   - Intravaginal device: Diveen®

4. **Main causes**
   - Pregnancy & delivery
   - Overweight
   - Hormones
   - Surgical history

5. **High risk situations**
   - Coughing. Sneezing. Laughing
   - Exercise & dancing
   - Carrying loads

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