

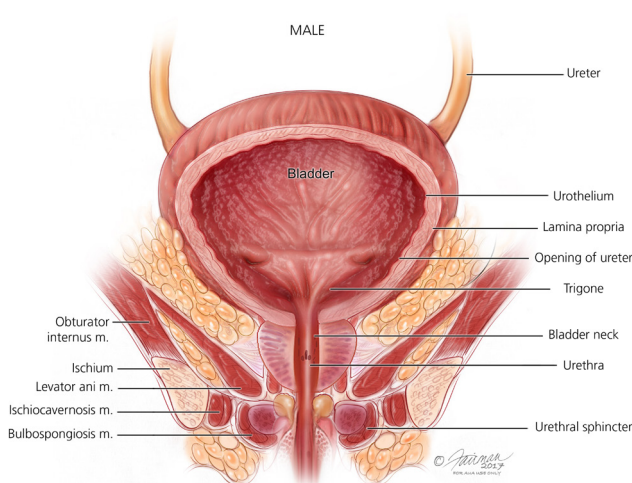
Treating Stress Urinary Incontinence in Men

Urology Care
FOUNDATION™
The Official Foundation of the
American Urological Association

WHAT IS STRESS URINARY INCONTINENCE (SUI)?

Stress Urinary Incontinence, or SUI, is when urine leaks out. It's caused by sudden pressure on the bladder and urethra. The pressure causes the sphincter muscles to open briefly which accidentally allows urine to leak. With mild SUI, pressure may be from sudden forceful activities, like exercise, sneezing, laughing or coughing. More severe SUI, is when you leak while doing less forceful activities such as standing up, walking or bending over. Urinary "accidents" like this can be a few drops of urine or enough to soak through your clothes.

MALE BLADDER MUSCLES



TYPES OF INCONTINENCE

Urinary incontinence is a problem with the loss of control over urination. There are two main types:

- **Stress Urinary Incontinence (SUI):**

A small to moderate amount of urine is released, without control. This happens when you cough, sneeze or laugh.

- **Urge Urinary Incontinence (UUI) or Overactive Bladder (OAB):**

There is a sudden, uncontrollable need to urinate. Leaks may be moderate to large.

WHAT CAUSES SUI?

The most common risk factors for SUI are:

- Nerve injuries to the lower back
- Pelvic or prostate surgery
- Smoking (which leads to chronic coughing)
- Chronic coughing
- Being overweight

WHAT ARE THE SYMPTOMS OF SUI?

The main symptom of SUI is when urine leaks out during any activity that puts pressure on your abdomen. These leaking "accidents" can be a few drops to enough to soak through clothes. With mild SUI, pressure comes from exercise, sneezing, laughing or coughing. If your SUI is more severe, you may also leak with standing up, walking or bending over.

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HOW IS SUI TREATED?

Lifestyle Changes and Products: Making a few changes in your everyday life can help SUI symptoms. You can lose weight, stop smoking (to help you cough less) and maintain good overall health. Exercises, bladder training to schedule bathroom visits, and SUI products may also help.

- **Pelvic Floor Muscle Exercises (Kegels):** Daily Kegels are proven to strengthen your pelvic floor. This helps support the bladder and other organs. It's important to do Kegels correctly and often.
- **Absorbent Products:** As a quick-fix, or long-term option, absorbent pads are available if leaks are not a major problem in your life. They come in many shapes and forms. They can be pads, or pull-on briefs.
- **Medical Devices for Men:** Men may be offered a penile clamp/clip to stop leaks. These external clamps are used to limit the flow of urine from the penis.

Drugs: There are no drugs approved in the U.S. to treat SUI at this time. If you have mixed incontinence, your healthcare provider may tell you to take OAB drugs or treatments. They do not treat SUI, just OAB symptoms.

Surgical Treatment: If surgery is needed, there are many options. Learn the risks and benefits, and what to expect during and after surgery before you decide. Aim to work with a urologist with experience in SUI surgery.

- **Sling:** A sling may be used to treat men with mild SUI. It acts as a hammock to lift or support the urethra and sphincter muscles. Slings for men are mostly made of surgical mesh. Your doctor will cut in between the rectum and scrotum to place the sling. This type of sling is not as helpful for men who have had radiation to the prostate or urethra, or men with severe incontinence.
- **Artificial Sphincter:** An artificial sphincter is the best way a man can treat his SUI. This surgery places a device with three parts into your body: (1) a fluid-filled cuff (the artificial sphincter) attached around your urethra; (2) a fluid-filled, pressure-regulating balloon, inserted in your belly; (3) a pump you control, is placed into in your scrotum. When you use the pump, the fluid in the balloon moves out of the cuff of the artificial sphincter, allowing

the urine to flow. The cuff slowly refills with fluid and closes the urethra to stop leaks.

WHAT HAPPENS AFTER TREATMENT?

The goal of any treatment for incontinence is to improve your quality of life. Surgical treatments usually work, especially when combined with lifestyle changes. Keep up with daily Kegel exercises to maintain pelvic muscle strength. However, if you still have problems with SUI, talk with your healthcare provider about other treatment options.

ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or to go **UrologyHealth.org/FindAUrologist** to find a doctor near you.

DISCLAIMER

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For copies of other printed material and other urologic conditions, visit **UrologyHealth.org/Order**.

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