

## Facts About Incontinence

- Incontinence can often be cured or managed better.
- Incontinence is not a normal part of aging.
- People with incontinence should talk first with their doctor or nurse practitioner.
- More than 1 million Canadians suffer from incontinence:
  - 1 in 4 women
  - 1 in 10 men
- It is estimated that 4 out of 10 seniors living in the community suffer from incontinence.
- Millions of dollars each year are spent on incontinence products.
- Incontinence has a significant impact on the person's life, causing isolation and loss of dependence.
- Incontinence can be a major reason for the loss of independent living.



## Where are we located?

We are located within the Specialized Seniors Clinic in New Westminster.

**#230A – 230 Ross Drive  
New Westminster, BC  
V3L 0B2**

**Monday to Friday  
8:30AM to 4:30PM**

To contact us:

 604-528-5031 Press #1  
 604-528-5030

---

To health professionals:  
Call our office to get a referral form

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

Catalogue #255274 (June 2020)  
To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)



# Continence Assessment and Management Program

New Westminster  
Specialized Seniors Clinic

Providing assessment and treatment of bladder and bowel incontinence for adults and older adults by a Nurse Continence Advisor

 **fraserhealth**

## What is 'incontinence'?

Incontinence (sounds like 'in-kon-tin-en-s') is when you accidentally leak urine (pee) or stool (poop). You cannot control or stop the leaking.

It is a medical condition related to a physical or nerve problem.

## Who experiences incontinence?

Incontinence can happen to adults of all ages, for example:

- women after having a baby
- women going through menopause
- woman after having surgery to remove the womb (hysterectomy)
- men after having prostate surgery
- seniors (men and women)

## Did you know?

Almost half the people who experience incontinence problems never mention this to their doctor or other health professional.

## How can you tell you might have continence problems?

Signs and symptoms of incontinence problems can include:

- needing to go pee (urinate) very often (frequency)
- sudden urge to urinate or have a bowel movement (urgency)
- leaking urine or stool when laughing, sneezing, or coughing (leakage)
- getting up more than 2 times in the night to urinate (nocturia)
- having to strain to urinate or have a bowel movement
- often having infrequent or hard to pass stool (constipation)
- still needing to urinate or have a bowel movement right after having just gone (incomplete bladder or bowel emptying)
- no ability to control your bladder or bowel emptying

## How can you get our services?

There are different ways to get our services:

- You can contact us yourself.
- A family member can call us on your behalf.
- Your family doctor, nurse practitioner, or other health professional (such as community nurse, physiotherapist) can ask us to see you.

## What can you expect when you come to the clinic?

You see a registered nurse who is an expert in continence problems (called a Nurse Continence Advisor).

This nurse asks about you and your continence problem, and then assesses your body. The nurse uses these findings to help identify the cause. The nurse then creates a care and treatment plan specifically for you. The plan focuses on ways to reduce the number of incontinence accidents and improving bladder and bowel control.