

Facts About Incontinence

- Incontinence can usually be cured or managed
- Incontinence is not a normal part of aging. People with the problem should seek the advice of a physician
- More than one million Canadians suffer from incontinence. One in four women and one in ten men
- It is estimated that up to 40% of the elderly people 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 entering a nursing home

Where is the Continence Program?

**Delta Hospital - Room #105
5800 Mountain View Blvd
Delta, BC V3K 3V6**

**Enter through the hospitals
main entrance and report
to the Admitting desk
before going to Room #105**

**Contact us at
Phone: 604.535.4500 7673
Fax: 604.535.4587**

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Continence Promotion and Management Program

**Offering Assessment
and Treatment of
Incontinence by a
Nurse Continence
Advisor**

Delta Hospital



CONTINENCE PROMOTION AND MANAGEMENT PROGRAM

What Is Incontinence?

Incontinence is the involuntary loss of urine or stool. It is not a disease but rather a symptom of a physical or neurological disorder.

Who Experiences Incontinence?

Incontinence occurs in adults of all ages:

- Post-partum Moms
- Menopausal women
- Post hysterectomy
- Post prostate treatment
- Seniors

45% of people experiencing symptoms never mention them to a Doctor or Health Care Professional

Symptoms Can Include:

- Urgency
- Frequency
- Leakage
- Straining
- Nocturia (urinating more than 3 times per night)
- Constipation
- Incomplete Bowel Emptying
- Loss of Control

Who Can Refer To The Program?

Anyone can make a referral to the program: health care professionals, self-referral and family members.

Our Program Can Help In The Following Ways:

- Assessment – Determine the cause of your incontinence and assess what treatment would be best for you.
- Treatment Programs – Designed to decrease episodes of incontinence and related problems.
- Consultation – we are available to health care facilities and the community for consultation on issues ranging from individual patient needs to program development.
- Educational Presentations – we do presentations to health care professionals and the public