

TAKE CONTROL... *for a better life.*



- The Canadian Continenence Foundation

The only national non-profit organization serving the interest of people experiencing incontinence.

Founded in 1986 the Foundation is supported by donations from the public, healthcare professionals and private industry.

- Our Mission

To enhance the quality of life for those experiencing incontinence

Remove the stigma associated with incontinence

Raise awareness of incontinence prevention, treatment and management

Encourage those affected to confidently seek medical advice

- Activities

Public Awareness

Newsletter

Documentation

National 1-800 help line

Professional Membership

Healthcare Professional listings

Incontinence Awareness Month (November)

“Over 3.3 million Canadians experience urinary incontinence - as the population ages, the numbers and needs will increase”

“Incontinence is widespread, but it can be treated, more effectively managed and often cured”

Find out what
you need to know.



An Extensive Canadian Resource for:
Patients
Caregivers
Healthcare Professionals

What is incontinence?

Incontinence is the involuntary leakage of urine or stool.

Types of Incontinence

Stress Incontinence is defined as accidental leakage of urine during physical activities such as coughing, sneezing, lifting or working out in the gym. Nearly half (49%) of all UI is stress. Stress Urinary Incontinence is more prevalent in younger woman and women under 55 years.

Urge Incontinence or Over Active Bladder is accidental leakage of urine accompanied or immediately preceded by a desperate urge and fear that one will not make it to the washroom in time.

Mixed Incontinence is a combination of both urge and stress. Mixed incontinence accounts for 29% of all UI.

Enuresis is used to describe bedwetting in children who are old enough to be “potty trained” and adults who have loss of control at night.

Fecal incontinence refers to the involuntary loss of gas or liquid stool (called minor incontinence) or the involuntary loss of solid stool (called major incontinence).

“Urinary Incontinence affects one in three women worldwide”

Who can help?

Nurse Continence Advisor (NCA) is a nurse who has been specially educated to help people with bladder control problems. The focus of the Nurse Continence Advisor is to help you learn what you can do to regain bladder control.

Physiotherapist is a health care provider who can provide you with valuable advice and an exercise program to help you control your bladder.

Urologist is a surgeon who specializes in conditions involving the urinary tract. He or she is specifically trained to understand all medical conditions affecting the bladder, including incontinence.

Urogynaecologist is a medical doctor who has received special training to understand what causes problems with women’s bladders.

Gastroenterologist, proctologist or colorectal surgeon for diagnosis and treatment of fecal incontinence.

Urinary Incontinence treatment and management options

- Initial Treatment can include lifestyle changes and pelvic floor exercises
- Surgical Options for Stress Incontinence
- Pharmaceutical Treatments for Urge & Over Active Bladder
- Products

FIND IT ALL AT:
www.continence-fdn.ca

Healthcare Professional?
Become listed by location and profession on our website

Online Healthcare professional Resources:

Downloadable documentation, including:
Clinical Practice Guidelines for Adults
Working Models of Continence Care
Consumer Guide
Stress Urinary Incontinence and Women Survey
Worldwide SUI position paper - “Speaking Up for the Silent Majority”
Professional membership application
Healthcare Professional listing
Patient resources

Find a Healthcare Professional
providing continence care near you – visit our website

Online Patient Resources:

Downloadable documentation, including:
Incontinence fact sheets
Newsletters (past and present)
Booklets
Healthcare Professional listings
Online information
“Ask an Expert”
Survey
Newsletter registration

CALL OUR HELP-LINE:
1-800-265-9575

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