

# Female Urinary Incontinence - Northwest Indiana Specialist Dr. Yessenow Helps Manage It

You sneeze or laugh out loud and experience an involuntary flush of urine. For those who experience it frequently, urinary incontinence is no laughing matter. This is a condition where your bladder loses control and causes leaking or wetting leading to embarrassing situations.

There are many reasons for its cause, the primary ones being traumatic vaginal child birth, menopause, urological disorder, obesity and vaginal surgery. Most women are reluctant to address the issue and refuse to visit a doctor due to embarrassment. You need not let it rule your life or depress you. It can be treated successfully and you can reclaim your healthy life.

## Types of Incontinence - Northwest Indiana

This condition can be categorized into different types based on a general pattern of symptoms. For example, if the leakage occurs due to increase in pressure in the abdomen that you may be suffering from stress incontinence.

If you are unable to control the urge to urinate, then it could be urge incontinence. If there is leakage because the quantity of urine has exceeded the capacity of the bladder to hold it then it is called over-flow incontinence.

And if you had more than one or two types of incontinence, then you may be experiencing what is known as mixed incontinence.

## Types, Cause & Treatments of [Incontinence - Northwest Indiana](#)

Your gynecologist will examine your medical history and conduct few tests to determine the type of incontinence before recommending any mode of treatment. These may include a blood and urine test, followed by a cystoscopy, to examine the bladder and its functioning.

If the condition is not severe, then it is treated non surgically through pelvic floor exercises (Kegel exercises), electromagnetic stimulation, urethral plugs and absorbent pads. In most cases, surgical procedures may help restore the vaginal wall, or tension free vaginal tapes could be used to bring the condition under control.

The cure rate through surgery is usually 95 percent for [incontinence. Northwest Indiana](#) patients can expect to be back to their normal activities within two weeks. To know more about incontinence treatments schedule a consultation today.