

Common Causes of Bladder Leakage

Incontinence is not a disease or a natural part of aging. It is a symptom that can have many causes. The first step is to be able to understand these causes and work with your healthcare provider to determine the best way to treat and manage it.

Some of the common causes

- Job related activity (such as heavy lifting)
- Excessive high impact activities (such as jogging or aerobics)
- Smoking & lung disease due to chronic coughing
- Certain foods & beverages (See the Resource Section for a list)
- Poor nutrition
- Constipation
- Anatomical predisposition
- Obesity
- Previous urinary tract or renal problems
- Loss of pelvic muscle tone (See the Resource Section for exercises)
- Pregnancy & childbirth
- Menopause
- Pelvic surgery or trauma (such as hysterectomy)
- Neuromuscular impairments
- Cognitive impairments
- Medication side effects (See the Resource Section for a list of medications)
- Use of diuretics

