Risk Factors for Urinary Incontinence

by Ricker Polsdorfer, MD

En Español (Spanish Version)

It is possible to develop chronic urinary incontinence with or without the risk factors listed below. However, the more risk factors you have, the greater your likelihood of developing urinary incontinence. If you have a number of risk factors, ask your doctor what you can do to reduce your risk.

Although there are many different causes of incontinence, the risk factors listed here pertain to the most common types of incontinence.

Conditions

The following conditions increase your risk of developing incontinence:

- For women: multiple pregnancies, hysterectomy
- For men: prostate enlargement or prostate surgery
- Dementia
- Overweight and obesity
- Poor mobility
- The need to wake at night to urinate (nocturia)

Age

The risk of incontinence generally increases with age.

Gender

Women are more likely to develop stress incontinence. Men are more likely to develop incontinence related to obstruction and over-filling.

REFERENCES:


