



Urinary Incontinence In Men

Stigmas & Male Urinary Incontinence

Stigmas around male urinary incontinence include the ideas that the condition is:

- Shameful & Embarrassing
- Emasculating
- "Gross"

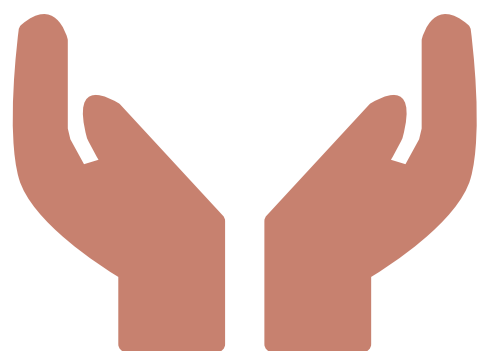
Why Don't Men Talk About Urinary Incontinence?

- A study by the National Association for Continence (NAFC) reported that **27% of men** who experience UI don't talk about it with their doctors, despite needing help
- **1 in 3 men** seek out treatment for their UI

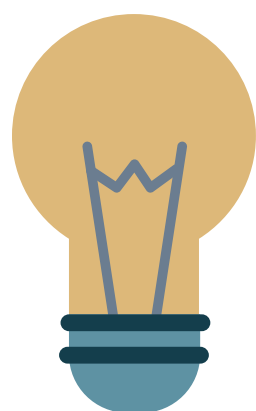
Some men may not be willing to discuss urinary incontinence because they don't want to be labeled as **emasculate, weak, impotent, or problematic**, but not discussing UI can have **negative affects on physical and mental health.**

Ending Stigmas

It's imperative that we end the stigma around male urinary incontinence. Let's take the following steps to break the silence and get treatment for those who need it.



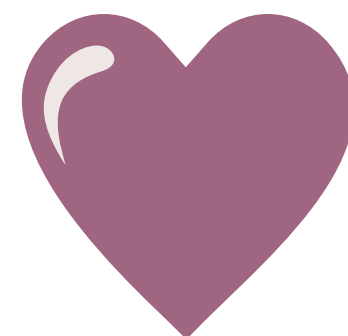
Encourage Openness & Dialogue



Educate & Be Aware



Start Conversations



Support Loved Ones