

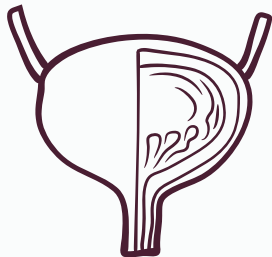
HEART FAILURE & INCONTINENCE



How to Manage Urinary Incontinence

COMMON TYPES OF HEART DISEASE

- Coronary Artery Disease
- Arrhythmia
- Atherosclerosis
- Chronic Heart Failure



TYPES OF URINARY INCONTINENCE

- Urge Incontinence
- Overflow Incontinence
- Nocturia
- Nocturnal Enuresis

DOES HEART FAILURE CAUSE INCONTINENCE?

Yes, heart failure and different heart diseases can lead to UI, which is prevalent among individuals with heart conditions



TREATING INCONTINENCE

- Speak with a specialist
- Consider incontinence medications
- Be aware of medication side effects!
- Protect against leaks
- Exercise your pelvic floor