

Poll Questions

November 2018

Urinary Incontinence: An Inevitable Part of Aging?

Questions were answered by female respondents age 50-80.



The next questions are about urine leakage which includes anything from a few drops of urine to complete loss of bladder control.

Q1. In the past year, have you experienced urine leakage?

1. Yes
2. No

The following questions were answered if Q1=1 (Yes).

Q2. How often do you experience urinary leakage?

1. Most days
2. At least once a week
3. A few times per month
4. Less than once a month

Q3. How much urine do you typically lose each time leakage occurs?

1. Small amount (a few drops)
2. Medium amount (enough to notice)
3. Large amount (enough to soak through a pad and/or undergarments)

Q4. Does your urine leakage occur...

	Yes	No
during exercise or physical activity		
when sneezing or coughing		
when laughing		
randomly		
on my way to the bathroom		

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Q5. Overall, how much of a problem is leakage of urine for you?

1. A major problem
2. Somewhat of a problem
3. Little or not a problem

Q6. Have you ever talked with your doctor about urine leakage?

1. Yes
2. No
3. I don't know/remember

Q7. What type of doctor did you talk with?

1. Family practice/internist
2. Obstetrician/gynecologist
3. Urologist
4. Other

If Q1=2 (No)

Q8. Why haven't you talked to your doctor about urine leakage?

1. Doctor has not asked
2. Not that bad of a problem
3. Had other things to discuss
4. Didn't think doctor could help
5. I am uncomfortable discussing urine leakage
6. Don't think of urine leakage as a health issue
7. Other

If Q1=1 (Yes)

Q9. Do you think it's easier to talk about urine leakage with a female doctor?

1. Much easier
2. Somewhat easier
3. No difference

If Q1=1 (Yes)

Q10. Do you do any of the following to deal with urine leakage?

	Yes	No
Wear pads or protective undergarments (such as maxi pads or Depends)		
Do Kegel exercises (pelvic floor muscle contractions)		
Take over-the-counter medication		
Limit fluid intake		

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If Q1=1 (Yes)

Q11. Please rate the following statements.

	Strongly agree	Agree	Disagree	Strongly disagree
I am embarrassed by my urine leakage				
Because of my urine leakage, I worry that I may smell to others				
I wear certain clothes (e.g. dark colors or layers) in case urine leakage occurs				
I worry about my urinary leakage getting worse				

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