

KNOW YOUR STATS ABOUT LIFE AFTER PROSTATE CANCER

**Know
Your
Stats**

About Prostate Cancer®

INCONTINENCE can sometimes occur as a result of treatment for prostate cancer. Now that you know your stats about the disease, and you've developed a solid game plan with your doctor, it's time to plan out your defense for any side effects of treatment. Many men experience incontinence as a result of prostate cancer treatment, but most men will ultimately recover urinary control.

WHAT IS INCONTINENCE? Incontinence is the inability to control your urine. After prostate cancer treatment, you may experience leakage or dribbling of urine. Because incontinence may affect your physical and emotional recovery, it is important to understand what your options are.

WHAT ARE THE DIFFERENT TYPES OF INCONTINENCE?

There are several different types of incontinence:

- **STRESS INCONTINENCE**, the most common, is urine leakage when coughing, laughing, sneezing or exercising.
- **OVERFLOW INCONTINENCE** is the inability to empty the bladder completely, taking longer to urinate and when you do urinate, it is not a powerful stream.
- **URGE INCONTINENCE** is the sudden need to go to the bathroom even when the bladder is not full because the bladder is overly sensitive.
- **MIXED INCONTINENCE** is a combination of stress and urge incontinence with symptoms from both types.
- **CONTINUOUS INCONTINENCE**, which is not common, is the inability to control urine at any time.

HOW LONG CAN INCONTINENCE LAST AFTER TREATMENT?

Improvement can take several weeks to several months. It varies from patient to patient; your particular recovery could be quick or slow.

HOW DO YOU TREAT INCONTINENCE? Treatment is based on numerous factors including the type and severity of your incontinence. There are a variety of treatment options which can potentially help you regain complete control:

- **KEGEL EXERCISES:** Strengthen your bladder control muscles.

- **LIFESTYLE CHANGES:** Modifying your diet, losing weight and regular emptying of the bladder can decrease urination frequency.
- **MEDICATIONS:** Affect the nerves and muscles around the bladder, helping to maintain better control.
- **NEUROMUSCULAR ELECTRICAL STIMULATION:** Strengthens bladder muscles.
- **SURGERY:** Consists of injecting collagen to tighten the bladder sphincter, implanting a urethral sling to tighten the bladder neck, or an artificial sphincter device used to control urination.

There are also many products available that do not treat incontinence but help maintain a high quality of life.

WHAT ARE THE SIDE EFFECTS FROM TREATMENT FOR INCONTINENCE?

It is important to know what side effects you might experience with each of the available treatment options.

- **MEDICATIONS** may cause dry mouth and, in rare cases, constipation, heartburn, blurry vision and rapid heartbeat.
- **NEUROMUSCULAR ELECTRICAL STIMULATION** may cause pain or infection and it is possible for the device to move.
- **SURGERY** can cause various side effects depending on the type of surgery. The effectiveness of collagen injections can decrease over time, making future injections necessary; implantation of a urethral sling can cause infection and/or the sling could erode; and an artificial sphincter may cause pain and/or require replacement after several years.

It is always important to speak with your doctor if you are experiencing any urinary issues after your prostate cancer treatment. As a team, you can determine what will be best for you.

Touchdown time – you've survived the biggest game of your life, and there is so much to live for!

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