

# UI ASSESSMENT RESULT



It appears that you are experiencing mild urinary incontinence, which is likely having a negative impact on your daily life and relationships.

## SCORE BREAKDOWN<sup>1,2</sup>

19 - 21: Severe

13 - 18 : Moderate to Severe

6 - 12 : Mild to Moderate

1 - 5 : Mild

## YOUR PATH TO RECOVERY<sup>3</sup>

1

### Pelvic Floor Muscle Training

Strengthening the pelvic floor muscles through exercises, commonly known as Kegel exercises, can improve urinary control.

2

### Medications

Certain drugs may be prescribed to increase urethral sphincter tone, though they are less commonly used for male SUI.

3

### Male Sling Procedures

A surgical mesh is placed to support the urethra, reducing urine leakage.

4

### Artificial Urinary Sphincter (AUS)

An implanted device that mimics the function of a natural sphincter, offering effective control for moderate to severe SUI.

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