

UI ASSESSMENT RESULT



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

SCORE BREAKDOWN^{1,2}

19 - 21: Severe

13 - 18: Moderate to Severe

6 - 12: Mild to Moderate

1 - 5: Mild

YOUR PATH TO RECOVERY³



Pelvic Floor Muscle Training

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



Medications

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



Male Sling Procedures

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



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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International Consultation on Incontinence Modular Questionnaire. www.icicq.net/#Top. Accessed September 13, 2016.

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