

IT'S TIME
TO TALK
ABOUT SUI

Talking to Your Doctor About SUI

Doing the Research

Before you visit with your health care provider, you may want to research Stress Urinary Incontinence (SUI). We've provided a number of online resources on **UrologyHealth.org** to assist you in finding helpful information.

Understanding SUI is the first step toward discussing it with your doctor.

Starting the Conversation

In the course of a normal exam, SUI is not likely to come up. So it's important to initiate the conversation. That way, your health care provider can diagnose the condition and help you understand your treatment and management options.

Typically, women wait until the end of their office visit to broach the subject. Bringing up SUI at the *beginning* of your visit will ensure that there's enough time for an adequate conversation – and help you get any anxiety over with quickly.

Here are a few things you could say:

- ▶ *"I'm having a bladder control problem. Are you the right person to talk to?"*
- ▶ *"I've noticed that when I cough, sneeze or exercise (or whatever the activity may be), a little urine comes out. Can you help me?"*
- ▶ *"I'm uncomfortable talking about this, but I've noticed some urine loss during physical activity. What do you suggest?"*

If your health care provider is experienced in SUI, he/she can perform basic tests and suggest lifestyle changes that may help reduce urine loss.

If your health care provider isn't the right person to speak with, just ask for a referral to a urinary incontinence specialist, who can perform specialized tests and confirm your diagnosis.

Remember, millions of women experience SUI. If you're one of them, it's time to get the help you need.

1 in 3 women will experience SUI in their lifetime. Talk to your doctor and get the help you need.

For more information, contact:

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UrologyHealth.org

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