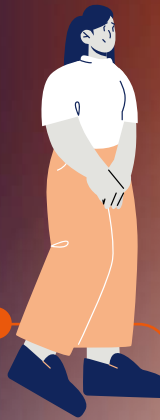


Incontinence Is a women's health issue



Incontinence is a common condition that **can be prevented, treated, better managed** and **even cured**.

Incontinence **affects** more **women of all ages** than men.

Incontinence is accidental **bladder and bowel leakage** of urine (wee) and faeces (poo).

Women are more likely to have incontinence



Incontinence is **more common for women** and **gender diverse people** who have been through:

Pregnancy

Childbirth

Hysterectomy

Menopause

What we know

Over **7 million** Australians **over the age of fifteen** live with **urinary and/or faecal incontinence** (Deloitte Access Economics 2023)

67%

of people with
incontinence are women.

That is **4.8** million women

Urinary incontinence affects women across the life span:

25%

of women aged
15–19 years

43%

of women aged
45–49 years

47%

of women aged
70–74 years



Faecal incontinence amongst women is **higher from age 30** onwards

Women are **more likely to experience severe symptoms of incontinence**. (AIHW 2013).

Four in five **carers** of people with incontinence **are women** (AIHW 2013).

Improving women's health and wellbeing

Living with incontinence has **significant impacts** on the emotional and social lives of women, affecting their mental health and overall **quality of life**.

Preventing, treating, managing and **curing** incontinence can **improve the quality of women's lives**.

What's needed

Services

Access to services for the **assessment, prevention, treatment** and **management of incontinence** would make a real difference.

Data

What **isn't** measured **isn't** seen.

Changing attitudes

Let's make it easier to **talk about incontinence** and **ask for help**.

Help is available



Talk to a
health professional

Call the National Continence Helpline
on **1800 33 00 66** to speak to a
Nurse Continence Specialist for
FREE and **confidential advice,**
information and **support**.

Browse Continence Health Australia's **resources:**
[continence.org.au](https://www.continence.org.au)

If you want more **information** about this infographic **email:** policy@continence.org.au