

**Recent research indicates that 1 out of 4 women over the age of 18 experience some type of bladder leakage. Leakage typically affects 30-50% of childbearing women by age 40. Please answer the following:**

- Do you leak urine (even small drops), wet yourself or wet your pad or undergarments when you cough or sneeze?
  - None of the time       Often
  - Rarely                       Most of the Time
  - Once in a while       All the time
  
- Do you leak urine (even small drops), wet yourself or wet your pad or undergarments when you bend down or lift something?
  - None of the time       Often
  - Rarely                       Most of the Time
  - Once in a while       All the time
  
- Do you leak urine (even small drops), wet yourself or wet your pad or undergarments when you walk quickly, jog or exercise?
  - None of the time       Often
  - Rarely                       Most of the Time
  - Once in a while       All the time
  
- Do you leak urine (even small drops), wet yourself or wet your pad or undergarments when you are undressing to use the toilet?
  - None of the time       Often
  - Rarely                       Most of the Time
  - Once in a while       All the time
  
- 5. Do you get such a strong and uncomfortable need to urinate that you leak urine (even small drops) or wet yourself before reaching the toilet?
  - None of the time       Often
  - Rarely                       Most of the Time
  - Once in a while       All the time
  
- Do you have to rush to the bathroom because you get a sudden, strong need to urinate?
  - None of the time       Often
  - Rarely                       Most of the Time
  - Once in a while       All the time

If you answered "often", "most of the time", or "all of the time" to questions 1, 2, or 3, then you may have troublesome stress urinary incontinence.

If you answered "often", "most of the time", or "all of the time" to questions 4, 5 or 6 then you may have troublesome overactive bladder or urge urinary incontinence.

It is recommended that you talk to your doctor regarding these symptoms as they may worsen if not treated.