



Your Bladder Leakage score shows that you may be suffering from severe incontinence. Your incontinence is likely affecting your life and relationships in a negative way.

**Score Breakdown:**<sup>39 40</sup>

1-5: *Slight*

6-12: *Moderate*

13-18: *Severe*

19-21: *Very Severe*

## Your Bladder Leakage Assessment Answers

2. How long has bladder leakage been an issue?

**6 - 12 months**

3. How frequently does the bladder leakage occur?

**All the time**

4. Please estimate how much urine usually leaks during an episode, whether protection is worn or not.

**A moderate amount**

5. Using the scale below, tell us how much bladder leakage interferes with your regular life.

**7**

6. When does the bladder leakage occur? Please select all that apply.

**When I cough or sneeze, When finished urinating and I am dressed, For no obvious reason**

7. If a radical prostatectomy was performed, how long ago was it?

**Can't remember**

8. If you or the person you care for was treated for prostate cancer, which treatment was received? Please select all that apply.

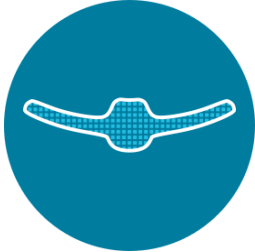
**Radiation therapy, Combination therapy (i.e., Radiation and surgery), Medication**

39. International Consultation on Incontinence Modular Questionnaire. [www.iciq.net/#Top](http://www.iciq.net/#Top). Accessed September 13, 2016.

40. Klovning A, Avery K, Sandvik H, et al. Comparison of two questionnaires for assessing the severity of urinary incontinence: The ICIQ-UI SF versus the incontinence severity index. *Neurourol Urodyn.* 2009;28(5):411-5.

## Your Path to Recovery

Incontinence can get in the way of your everyday life. Your customized treatment options outlined below identify other treatments you may want to consider. Restore your normalcy and renew your confidence — refuse to live with incontinence.



### Male Sling

A sling made of soft mesh implanted inside the body to reposition the urethra and provide support to surrounding muscles. This can help to keep the urethra closed, especially when coughing, sneezing and lifting.



### Artificial Urinary Sphincter

The artificial urinary sphincter (AUS) is placed inside the body. A saline-filled cuff keeps the urethra closed and a pump in the scrotum allows urination on demand. The AUS is designed for all levels of SUI following prostate procedures and is considered the gold standard treatment.<sup>25</sup>



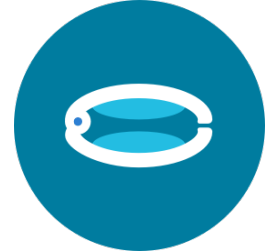
### Absorbent Products

Incontinence pads are commonly used to help absorb urine leakage, protect the skin and block odor. Other absorbent products include diapers and undergarments. These products can offer odor control; some are disposed after a single use; others may be cleaned and reused.



### External Collection Devices

Condom catheters or a penis pouch are placed on the penis so urine can flow into a drainage bag. Urine collection bags are strapped to the body underneath clothing during the day and may rest bedside at night.



### Penile Clamp

A penile clamp uses a hinged, rigid frame that supports two pads and a locking mechanism. It controls leakage by applying constant pressure upon the penis.

25. Montague DK. Artificial urinary sphincter: long-term results and patient satisfaction. *Adv Urol.* 2012;2012:835290.

## What's Your Next Move?

### SPECIALISTS NEAR MINNEAPOLIS, MN

#### Travis Pagliara

##### Hennepin County Medical Center - Parkside Urology Clinic

825 South 8th Street  
Suite 220  
Minneapolis, MN, 55404  
(612) 873-6963

#### Sean Elliott

##### University of Minnesota Urology

420 Delaware St SE  
MMC 394 Mayo  
Minneapolis, MN, 55455  
(612) 625-6401

<http://www.urology.umn.edu/our-people/faculty/sean-elliott/>

#### Garjae Lavien

##### Healthpartners Urology Clinic

435 Phalen Blvd  
St. Paul, MN, 55130  
(651) 254-8500

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[FixIncontinence.com/Find-a-specialist/](http://FixIncontinence.com/Find-a-specialist/)

### EVENTS NEAR MINNEAPOLIS, MN

#### September 25, 2018

##### Diane Young M.D.

Men's Health Seminar - Erectile Dysfunction and Male Stress  
Urinary Incontinence

##### Location:

Staybridge Suites  
Conference Room  
855 West Washington Street  
Marquette, Michigan 49855

##### Event Times:

Registration: 6:15pm

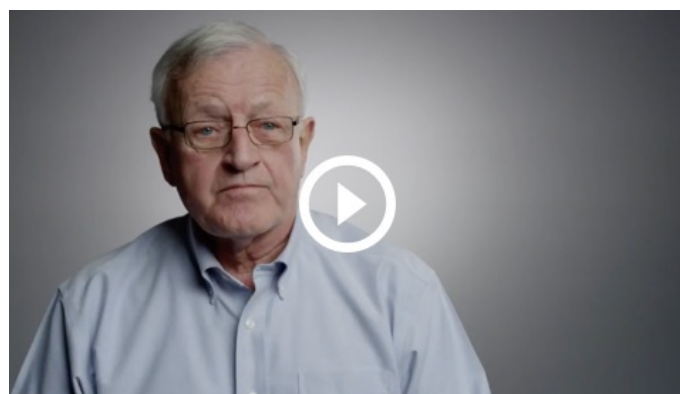
Seminar: 6:30pm

Note: Learn about treatment options for Erectile Dysfunction and Male Stress Urinary Incontinence  
Light Refreshments will be served

Event Code SEM-43739 PES

Register Online  
Go To [FixIncontinence.com/Events](http://FixIncontinence.com/Events)

### REAL STORIES LIKE YOURS



#### Solutions for Incontinence Are Out There

Brad suffered for two years with incontinence before he discovered there was a solution for him.

Watch his story and others Go To  
[FixIncontinence.com/Real-stories/](http://FixIncontinence.com/Real-stories/)