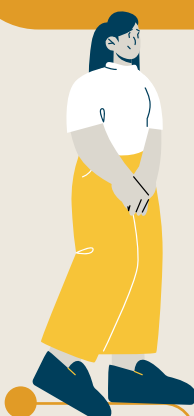


Incontinence IS A WOMEN'S HEALTH ISSUE



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 the Continence Foundation of Australia's **resources:**
[continenace.org.au](https://www.continenace.org.au)



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