What is Incontinence?

Incontinence is the loss of your ability to control the emptying of your bladder or bowel.

- 1.5 million Canadians have incontinence.
- Incontinence affects 1 in 4 women and 1 in 10 men.

Incontinence is not something you have to live with. It can be treated, managed or cured, often without medication or surgery.

The Continence Program

The Continence Program helps women, men and children having trouble with bladder or bowel control. This includes symptoms of urgency and frequency going to the bathroom or loss of the ability to control bladder or bowel function.

The Continence Program is run by Dr. Jennifer Skelly who is a Nurse Continence Advisor with over 20 years experience in dealing with incontinence.

The Continence Program will help you:
- learn more about what is causing your problem
- learn ways you can help yourself
- learn about products to help you contain urine while trying to become dry

What to Expect

Your first visit will be 1 hour.

You will be asked questions about your bladder or bowel problem. What happens during the rest of the visit depends on your problem.

You may have an ultrasound test to see how well you empty your bladder. You may need to have an examination to see how strong your pelvic muscles are.

Education is an important part of this program. After your assessment, Dr. Skelly will talk to you about treatment options which may include:
- learning pelvic muscle exercises
- changing your drinking and/or eating habits
- using special products
- getting incontinence product information
What to Expect

If you need to use special products, Dr. Skelly will show you the best ones to try. You may get some reading materials or be asked to watch a video program as well. After this visit, you may have 1 or 2 follow up visits to see how you are doing.

Referrals

Referrals by your family doctor, health care provider or specialist as well as self referrals are accepted.

Who should come?

This program is for you if you:

✦ rush to the bathroom to pee often
✦ leak urine when you cough, laugh, sneeze or with activity
✦ have frequent bladder infections
✦ have problems with constipation

The Continence Program

King Campus—Lower Level
2757 King Street East
Hamilton, Ontario
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For an appointment call 905-573-4823
You can call yourself to make an appointment.