

**YOUR BLADDER
CONTROL ASSESSMENT**

**Treatable Control
Problems Identified**

**YOUR SYMPTOM
SUMMARY**

**Greatly Bothered
By Symptoms**

YOUR LEAK RISK

Activity-Related Urine Leaks
Increased Risk

Bladder control problems like yours are treatable. See a doctor to determine the best treatment option for you.

- You reported a bladder control problem. Bladder control problems are often treatable and sometimes curable.
- Your bladder control problem greatly bothers you. It's time to tell a health care professional.
- Losing weight may promote bladder health. Being at a "healthy" weight (176 lbs. or less) has many other benefits too.

Bladder Control Problems Are Common

Accidental urine leaks (incontinence) can happen in men and women and at any age.

Even though incontinence is treatable, people may be too embarrassed to talk to their doctor about urine leaks. Others may mistakenly think incontinence is a normal part of life.

All bladder control problems should be discussed with a health care professional. It's important to rule out serious health problems as the cause. Also, any of the urinary symptoms listed in the table on the right need immediate evaluation.

Most people with a treatable type of incontinence can completely control or greatly improve their symptoms. This, in turn, can also improve their overall quality of life.

Bladder Control Problems	You Reported
Activity-related urine leaks	Yes
Urgency-related urine leaks	Yes
Frequent daytime/nighttime urination	No
Urine leaks not related to activity or urgency	Yes

Urinary Symptoms Needing Evaluation	You Reported
Visible blood in the urine	No
Pain with passing urine (peeing)	No
Pain in lower abdominal/genital area	No
Trouble emptying the bladder	No

Results

Causes of Accidental Urine Leaks

Accidental urine leaks (incontinence) can happen for many reasons. Some leaks happen because the bladder muscles contract (squeeze) at the wrong times. Some happen because the muscles that support the bladder are weak, so even slight pressure causes leaks. Incontinence due to weak muscles or overactive bladder is treatable and sometimes curable.

When accidental urine leaks are due to health conditions like the following, they need specialized management:

- Neurologic conditions (multiple sclerosis, Parkinson's disease, cerebral palsy, stroke, spinal cord injury, etc.)
- Mental impairment (dementia, schizophrenia, bipolar disorder, Alzheimer's disease, etc.)
- Cancer treatment involving chemotherapy or radiation therapy to the pelvis
- Certain birth defects (spina bifida, hypospadias, vesicoureteral reflux [VUR], etc.)
- Any mobility condition that stops a person from getting to the bathroom in time
- Type 1 or type 2 diabetes with high blood sugar
- Chronic constipation or chronic diarrhea
- Family history of incontinence

Tell a Doctor About Urine Leaks

Urine leaks can be bothersome. They can stop people from living the life they want to live. Incontinence can also cause physical problems such as rashes, sores, skin infections, fungal infections, embarrassing odors, and urinary tract infections.

That's why all bladder control problems should be discussed with a health care professional.

YOUR BLADDER CONTROL ASSESSMENT

**Treatable Control
Problem(s) Identified**

YOUR SYMPTOM SUMMARY

**Greatly Bothered
By Symptoms**

The National Institutes of Health lists smoking as the #1 risk factor for bladder cancer.

Urine leaks in people with a history of smoking* should be evaluated by a doctor.

*This includes people who currently smoke any type of tobacco and those who've quit.

Results

Accidental Urine Leaks (Urinary Incontinence)

Urinary incontinence can be very frustrating and embarrassing. Sometimes, urine leaks can also be the sign of a serious health problem. That's why it's important to tell a health care professional about any bladder control problems.

Treating Common Bladder Control Problems

Leaking urine while doing physical activities is the most common type of bladder control problem in younger and middle-aged women. It's rare in men. Treatments can include behavior changes, pelvic floor exercise therapy, and/or medication. Surgery can cure people who are good candidates.

When leaks happen with an urge to empty the bladder, simple at-home techniques, medications, and other treatments can help people regain bladder control. Having to visit the bathroom a lot (daytime or nighttime) can also be treated.

Understanding Bladder Irritants

Urine leaks can sometimes happen because the bladder muscles contract (squeeze) at the wrong time. Bladder contractions may happen even when there's not much urine in the bladder. Eating acidic, spicy, or other irritating foods can make the bladder contract. For some people, urine leaks completely stop when they avoid one or more of these common bladder irritants:

- Spicy foods
- Acidic foods or fruit juices
- Carbonated drinks
- Coffee or tea
- Beer, wine, or spirits

YOUR LEAK RISK

Activity-Related Urine Leaks
Increased Risk

Risk Factors for Activity-Related Leaks	Your History
Weight over 176 lbs. (for your height)	Yes
Surgery to pelvic area	No
Chronic cough or sneezing	Yes
High-impact activities over many years	No
Vaginal childbirth (women only)	<i>Not applicable</i>

Risk Factors for Urgency-Related Leaks	Your History
Regularly eat or drink bladder irritants	<i>Unknown*</i>
Take medications affecting bladder control	No

Risk Factors for Both Types of Leaks	Your History
Age over 39	Yes
Post-menopause (women only)	<i>Not applicable</i>

**This question was only asked to people reporting this type of leak. If you have this risk factor, your leak risk could be higher.*

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR MEDICOM HEALTH INTERACTIVE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Name: _____ mm-dd-yyyy

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Mt. General Memorial Clinic

5431 Lake Drive, Minneapolis MN 55401
1-877-555-0000

OUR HOSPITALS

Mt. General Memorial Hospital
2928 Fifth Ave. SW, Edina, MN 53802
(555) 555-1100

Mt. General Memorial Regional Medical Center

982 West Poplar Drive, St. Paul, MN 50013
(555) 555-2100

Mt. General Memorial Community Hospital

4110 South Virago Parkway, Rush City, MN 59545
(555) 555-3100

Mt. General Memorial North Franklinburg Hospital

890 SE 57th St., Franklinburg, MN 56782
(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653
(555) 555-5100

YOUR BLADDER CONTROL ASSESSMENT

bladderControlAssessment

Prompt Medical Evaluation Recommended	hasWorrisomeUrinarySymptoms
Treatable Control Problem(s) Identified	greatlyBotheredByStressLeaks
Treatable Bladder Problem(s) Identified	hasUrgeOrStressLeaksOrFrequentUrination
A Medical Evaluation Is Needed	hasLeaksNotRelatedToUrgeOrStress
No Bladder Control Problems Reported	noLeaksOrFrequentUrination

YOUR SYMPTOM SUMMARY

Symptom Summary Badge Formatter

Urinary Symptom(s) Reported	badgeH
Greatly Bothered By Symptoms	badgeI
Moderately Bothered By Symptoms	badgeJ
Slightly Bothered By Symptoms	badgeK
Experiencing Accidental Leaks	badgeL
Not Bothered By Current Symptoms	badgeM
No Frequent Urination or Leaks Reported	badgeN

YOUR LEAK RISK

Leak Risk Badge Formatter

Activity- & Urgency-Related Urine Leaks
Increased Risk badgeA

Activity-Related Urine Leaks
Increased Risk badgeB

Urgency-Related Urine Leaks
Increased Risk badgeC

badgeD - deleted due to <https://jira.medicomhealth.com/browse/BCP-10>

At Your Current Age (Female)
Average Risk badgeE

At Your Current Age (Male)
Low Risk badgeF

Result Messaging
Please check Lucidchart for longest version

Report Main Message

See LUCIDCHART --> Bladder Control Messaging --> reportMainMessage

<https://www.lucidchart.com/documents/edit/9fd7ae00-50d9-4876-999a-6d132ce2bf38/4>

Screening - Bullet 1

See LUCIDCHART --> Bladder Control Messaging --> bullet1

<https://www.lucidchart.com/documents/edit/9fd7ae00-50d9-4876-999a-6d132ce2bf38/1>

Age & ethnicity risk factors - Bullet 2

See LUCIDCHART --> Bladder Control Messaging --> bullet2

<https://www.lucidchart.com/documents/edit/9fd7ae00-50d9-4876-999a-6d132ce2bf38/2>

Family history risk factors - Bullet 3

See LUCIDCHART --> Bladder Control Messaging --> bullet3

<https://www.lucidchart.com/documents/edit/9fd7ae00-50d9-4876-999a-6d132ce2bf38/3>

PAGE 1 TABLE

Data Element

Bladder Control Problems

You Reported

Outputs

reportedLeakType_activity

Activity-related urine leaks

Yes

No Yes

If reportedLeakType_activity = '1', show Yes; else, show No

reportedLeakType_urgency

Urgency-related leaks

Yes

No Yes

If reportedLeakType_urgency = '1', show Yes; else, show No

hasFrequentUrination

Frequent daytime/nighttime urination

No

No Yes

If hasFrequentUrination = 'yes', show Yes; else, show No

reportedLeakType_other

Urine leaks not related to activity or urgency

Yes

No Yes

If reportedLeakType_other = '1', show Yes; else, show No

Urinary Symptoms Needing Evaluation

You Reported

symptoms_bloodInUrine

Visible blood in the urine

No

No Yes

If symptoms_bloodInUrine = '1', show Yes; else show No

symptoms_painWithUrination

Pain with passing urine (peeing)

No

No Yes

If symptoms_painWithUrination = '1', show Yes; else show No

symptoms_painInLowerAbdomen

Pain in lower abdominal/genital area

No

No Yes

If symptoms_painInLowerAbdomen = '1', show Yes; else show No

symptoms_troubleEmptyingBladder

Trouble emptying the bladder

No

No Yes

If symptoms_troubleEmptyingBladder = '1', show Yes; else show No

PAGE 3 TABLE

show recommendedWeight

Data Element

Risk Factors for Activity-Related Leaks		Your History
bmiRisk	Weight over ### lbs (for your height)	Yes
stressUiRiskFactor_pelvicSurgery	Surgery to pelvic area	No
stressUiRiskFactor_chronicCoughOrSneeze	Chronic cough or sneezing	Yes
stressUiRiskFactor_highImpactActivitiesLongTerm	High-impact activities over many years	No
femaleRiskFactor_vaginalBirth	Vaginal childbirth (women only)	Not applicable

Outputs

No if bmiRisk = average; else, Yes
 Unknown* if reportedLeakType_activity = '0' or 'na'; Yes if stressUiRiskFactor_pelvicSurgery = '1' else, No
 Unknown* if reportedLeakType_activity = '0' or 'na'; Yes if stressUiRiskFactor_chronicCoughOrSneeze = '1' else, No
 Unknown* if reportedLeakType_activity = '0' or 'na'; Yes if stressUiRiskFactor_highImpactActivitiesLongTerm = '1' else, No
 Not applicable if sex = male; Yes if femaleRiskFactor_vaginalBirth = '1' else, No

Risk Factors for Urgency-Related Leaks		Your History
bladderIrritant_none	Regularly eat or drink bladder irritants	Unknown*
incontinenceCausingMeds	Take medications affecting bladder control	No

Unknown* if reportedLeakType_urgency = '0' or 'na'; No if bladderIrritant_none = '1'; else Yes
 Yes if incontinenceCausingMeds = yes; else No

Risk Factors for Both Types of Leaks		Your History
ageRisk	Age over 39	Yes
femaleRiskFactor_postmenopause	Post-menopause (women only)	Not applicable

Yes if ageRisk = increased; else No
 Not applicable if sex = male; Yes if femaleRiskFactor_postmenopause =1; else No

**This question was only asked to people reporting this type of leak. If you have this risk factor, your leak risk could be higher.*

show if "Unknown*" appears anywhere in this table