



Active Health

Physiotherapy Clinic

Facts and Stats

- An estimated 60-70% of people affected by incontinence can be cured or better managed. In the majority of older adults, incontinence is able to be improved and often cured regardless of the underlying condition.
Reference: Fonda, D. and Benvenuti, F. (2002). Urinary Incontinence and Bladder Dysfunction in Older Persons. In *Incontinence: Basics and Evaluation*. Abrams, P., Cardozo, L., Khoury, S. And Wein, A. Plymouth Health Publication Ltd. Paris. pp625-695.
- 65% of women and 30% of men sitting in a GP waiting room report some type of urinary incontinence, yet only 31% of these people report having sought help from a health professional. **Reference:** Byles, J. And Chiarelli, P. (2003) Help Seeking for Urinary Incontinence: A survey of those attending GP waiting rooms. *Australian and New Zealand Continence Journal*. 9(1). pp 8-13.
- In 2010, the number of individuals with urinary or faecal incontinence living in the Australian community was estimated to be 4,158,101 and 1,330,844 respectively. **Reference:** Hawthorne G (2006) Measuring Incontinence in Australia, a report for the Commonwealth of Australia, Canberra.
- The total financial cost of incontinence to the Australian community was estimated to be \$42.9billion in 2010. **Reference:** Deloitte Access Economics (2011) The economic impact of incontinence in Australia pp23-48
- Early supportive pelvic floor muscle training has been shown to significantly reduce the continence recovery time in patients who had undergone radical retropubic prostatectomy (At 6 months, 94.6% of those who had undergone treatment were continent compared to 65% who had received no treatment). **Reference:** Filocamo, MT., Li Marzi, V., Del Popolo, G., Cecconi, F., Marzocco, M., Tosto, A. and Nicita, G. (2005) Effectiveness of early Pelvic Floor Rehabilitation Treatment for Post-Prostatectomy Incontinence. *European Urology* 48 pp 734-738.