

SUMO Fun



Stress Incontinence

The loss of a small amount of urine with physical activity such as coughing, sneezing, laughing, walking stairs, or lifting

Urge Incontinence

Abrupt urgency and frequency...
Gotta go...Gotta go...Gotta go

Mixed Incontinence

Combination of urge incontinence and stress incontinence

Overflow Incontinence

Bladder is distended from urine retention

Functional Incontinence

Incontinence that may occur because of physical weakness, cognitive problems, medications, or environmental barriers



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