When nature calls

Run time :38

LEDE: It's an embarrassing ailment, but experts says it's time to talk about urinary incontinence, or when you leak urine by accident.
Tim Ditman of OSF HealthCare has more.

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OSF urologist Doctor Uwais Zaid [ew-WAHS // ZAYD]:

"It can be associated with medications. It can be associated with aging. It can be associated with certain surgeries. A lot of our cancer survivors, whether they're from prostate cancer, cervical cancer, uterine cancer…they can have effects to their urinary control. Things as normal as having children. Over time [childbirths] can wreak havoc on the pelvic floor and on the urinary sphincter, and you can have urinary accidents as a result."

There are four types of urinary incontinence – stress, urge, overflow, and functional – each with its own treatment. Distracting yourself from urinating or timing your bathroom trips can also help.
I'm Tim Ditman.

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TAG: Doctor Zaid says if your bathroom visits seem off, see a doctor. He says untreated urinary incontinence can lead to infections or skin issues.