



Continence Management

Bladder control problems, or urinary incontinence, affect more than 13 million Americans, with about half of seniors experiencing this condition. Unfortunately, most people affected do not seek medical help, primarily because they don't know that safe and successful treatment exists.



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Aegis Therapies has developed a Continence Management program to help seniors with urinary incontinence issues. Medical research has proven that such programs help reduce leakage by 65–70 percent in over 80 percent of people with bladder control problems. In fact, the U.S. government's Agency for Healthcare Research and Quality recommends this approach before using drugs or surgery for treating bladder control problems.

Steps to successful treatment

The patient's personal healthcare team will perform a comprehensive assessment to determine the problems contributing to voiding issues. This includes analyzing diet, medications, muscle strength, mobility and other factors.

Simple exercises for the hip, abdomen and pelvic floor muscles will be introduced to help strengthen bladder support and decrease leakage. Another treatment option is to apply mild, comfortable electrical pulses to the trunk and legs to help re-educate the bladder muscles.

While urinary incontinence can be an uncomfortable condition, a professional health evaluation and recommended treatment from our team may help patients start regaining control today.

Aegis Therapies is proud to offer Continence Management, and we invite you to contact us for more information.