

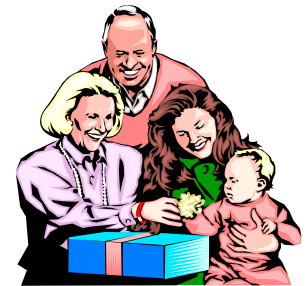
The Continence Program

Place: Centre for Ambulatory Health Services
Special Programs, Lower Level
2757 King Street East
Hamilton, Ontario L8G 5E4

For appointment call: 905-573-4823 (self referrals accepted)

What is incontinence?

Incontinence is the loss of your ability to control the emptying of your bladder or bowel. About 1.5 million Canadians have incontinence. It affects 1 in 4 women and 1 in 10 men.



Incontinence is not something you have to live with.

Incontinence can be treated, managed or cured, often without medication or surgery.

About the Continence Program

The Continence Program started 10 years ago to help women, men and children having trouble with bladder or bowel control. This includes symptoms of urgency and frequency going to the bathroom or loss of the ability to control bladder or bowel function.

The Continence Program is run by Dr. Jennifer Skelly who is a Nurse Continence Advisor with over 20 years experience in dealing with incontinence.

The Continence Program will help you:

- learn more about what is causing your problem
- learn ways you can help yourself
- learn about products to help you contain urine while trying to become dry

What to expect when you come...

Your first visit will last for 1 hour. You will be asked questions about your bladder or bowel problem. What happens during the rest of the visit depends on your problem.

You may have an ultrasound test to see how well you empty your bladder. You may need to have an examination to see how strong your pelvic muscles are.

Education is an important part of this program. After your assessment, Dr. Skelly will talk to you about treatment options which may include:

- learning pelvic muscle exercises
- changing your drinking or eating habits
- using special products
- getting incontinence product information

If you need to use special products, Dr. Skelly will show you the best ones to try. You may get some reading materials or be asked to watch a video program as well.

After this visit, you may have 1 or 2 follow up visits to see how you are doing.

Who should come to the program?

If you:

- rush to the bathroom to pee often
- leak urine when you cough, laugh, sneeze or with activity
- have frequent bladder infections
- have problems with constipation

Referrals

Referrals are accepted from your family doctor or specialist. You can also call and make your own appointment without a referral.

How to get here?

You can get directions to the Centre for Ambulatory Health Services by calling an automated telephone message:

Dial 905-522-1155 and pick 1 of these extensions. Have a pen and paper ready:

- 2944 from Brantford
- 2946 from Kitchener, Waterloo, Guelph
- 2947 from Toronto
- 2948 from Niagara Falls
- 2939 from London
- 2941 from Dunnville, Cayuga, Simcoe, Hagersville