



WORLD CONTINENCE WEEK 2024

This World Continenence Week, we are encouraging Australians to have open and honest conversations about incontinence with friends, family and health professionals. Let's talk!

"While sharing incontinence experiences may be uncomfortable at first, overcoming this barrier allows for greater understanding and support from loved ones.", says Janie Thompson, National Continenence Helpline Manager.

Incontinence is the involuntary loss of bladder or bowel control, and it is a condition that impacts over 5 million Australians. The good news is that in many cases, incontinence can be prevented, better managed or even cured. Talking about it and seeking advice from a health professional is the first step.

To find out more and access free resources, including podcasts, videos and online magazine Bridge, please visit [continenence.org.au/world-continenence-week](https://www.continenence.org.au/world-continenence-week)

Incontinence – Let's talk about it! Incontinence is more common than you may think.

- **Over 5 million Australians** – one in four people aged 15 years or over – **are incontinent**
- **80%** of people who experience urinary incontinence are women
- **Over 1.34 million** Australian boys and men experience incontinence
- **46%** of people who experience incontinence **are under the age of 50 years.**
- **One in three women** who have ever had a baby wet themselves.

For help and more information about incontinence call the **National Continenence Helpline** on **1800 33 00 66** for free, confidential advice from Nurse Continenence Specialists, Monday to Friday 8am to 8pm AEST.