Understanding Urge and Stress Urinary Incontinence

Dr. Camilla Hersh

An experienced OB/GYN practitioner, Dr. Camilla Hersh has led Reston, Virginia-based Virginia Women’s Health Associates for two decades. One of Dr. Camilla Hersh’s several areas of expertise in gynecological care involves urinary incontinence evaluation and treatment.

A bladder control issue[, urinary incontinence](http://www.mayoclinic.com/health/urinary-incontinence/DS00404) consists of two basic types: urge and stress incontinence. The latter is most common and typically involves the involuntary release of urine during activities such as jogging, sneezing, coughing, and laughing. Women with urge incontinence experience a strong need to urinate but are unable to reach the bathroom quickly enough. This condition can occur without warning, even when there is only a small amount of urine in the bladder. While an overactive bladder represents a type of urge incontinence, this does not necessarily result in accidental urine release.

Sometimes urinary incontinence is a temporary symptom of conditions such as constipation, urinary tract infection, or reaction to medication. In other cases the condition is ongoing. Dr. Camilla Hersh advises patients that both types of urinary incontinence may be experienced at the same time, particularly as they age.