## Urinary incontinence in women: what can help?

## Sarah Chapman and Selena Ryan-Vig for Evidently Cochrane, 22 June 2023

## References

National Institute for Health and Care Excellence. Urinary incontinence and pelvic organ prolapse in women: management. London: National Institute for Health and Care Excellence; June 2019. (NICE NG123). [Issued April 2019; last updated June 2019; reviewed February 2021]. Available from: https://www.nice.org.uk/guidance/ng123

NHS. Incontinence products: Urinary incontinence. NHS.uk, page last reviewed 19 November 2019. Web. 21 June 2023. Available from:
https://www.nhs.uk/conditions/urinary-incontinence/incontinence-products
NHS. What are pelvic floor exercises? NHS.uk, page last reviewed 14 April 2020. Web 21 June 2023. Available from: https://www.nhs.uk/common-health-questions/womens-health/what-are-pelvic-floor-exercises/

NHS. 10 ways to stop leaks: Urinary incontinence. NHS.uk, page last reviewed 19 November 2019. Web. 21 June 2023. Available from: https://www.nhs.uk/conditions/urinary-incontinence/10-ways-to-stop-leaks/

Todhunter-Brown A, Hazelton C, Campbell P, Elders A, Hagen S, McClurg D. Conservative interventions for treating urinary incontinence in women: an Overview of Cochrane systematic reviews. Cochrane Database of Systematic Reviews 2022, Issue 9. Art. No.: CD012337. DOI: 10.1002/14651858.CD012337.pub2.
https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012337.pub2/full

