

### Media statement

13 June 2019

#### Laugh without leaking: can comedy cure incontinence?

Sunshine Coast Hospital and Health Service is taking part in **World Continence Week, 17-23 June**, raising awareness for the common condition of incontinence.

The Continence Foundation of Australia continues with its humorous campaign **Laugh Without Leaking**, which uses comedy to take the stigma out of incontinence and urges the 1 in 4 Australians who live with bladder, bowel and pelvic health problems to ask for help.

Sunshine Coast Hospital and Health Service's Clinical Nurse Consultant Susan Torr says incontinence is a massive problem affecting over 5 million adult Australians.

"We know that many people laugh off their leaking as a normal part of getting older or after having a baby. But it is not normal and has a serious negative impact on daily life for millions of women, men and children," Ms Torr said.

"Seventy per cent of people with urinary leakage do not seek advice and treatment for their problem. Needing assistance with bladder or bowel control can affect a person's life in many ways, including avoiding sport or physical activity, or even taking part in everyday activities outside of the home.

"The good news is that you can quickly change your life for the better. Most bladder and bowel problems can be better managed, better treated and, in many cases, even cured without surgery. The first step is asking for help," Ms Torr said.

The healthcare costs of incontinence are significant, in 2010, the total financial cost of incontinence (excluding the burden of disease) was estimated to be \$42.9 billion in Australia.

To help raise awareness around incontinence, Sunshine Coast Hospital and Health Service staff is holding an information stand promoting Continence Week from 17 to 21 June.

There will be events, talks, displays and performances right across the country in the lead up to World Continence Week. For more information, visit [www.continence.org.au](http://www.continence.org.au).

**ENDS**

# Sunshine Coast

## Hospital and Health Service

### Media statement

**Media Opportunity:**

Clinical Nurse Consultant Susan Torr available for interviews on request throughout the week.

Media contact: Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747

Follow us!  