

Stress, Urge or Mixed Leakage?™

Recognize the common leakage patterns so you can describe what happens more clearly.



Bladder leakage is not one single problem. The trigger and timing can offer useful clues, but an evaluation is needed to confirm the pattern.

Which Pattern Sounds Familiar?

1 STRESS LEAKAGE

Pressure on the bladder triggers leakage.



Common moments:

- Coughing or sneezing
- Laughing
- Lifting
- Running, jumping or exercise

Typical clue:

The leak happens with effort or impact, usually without a sudden urge first.

2 URGE LEAKAGE

A sudden, strong urge is followed by leakage.



Common moments:

- Hearing or touching running water
- Arriving home or putting the key in the door
- Standing up to go to the bathroom
- Not reaching the toilet in time

Typical clue:

The urge feels difficult to delay, even when the bladder may not be very full.

3 MIXED LEAKAGE

Features of both stress and urge leakage occur.



Common moments:

- Leaking with coughing or exercise
- Also leaking after a sudden urge
- Different triggers on different days

Typical clue:

One pattern may be more bothersome than the other.

Why the Pattern Matters



Pelvic Floor Needs

Weakness, overactivity or poor coordination may require different support.



Bladder Habits

Timing, urgency strategies and fluid patterns may be relevant.



Medical Factors

Medications, constipation, infection, GSM or another condition may contribute.



Treatment Choices

Pelvic floor therapy, bladder training, medication or other options depend on the assessment.

What Should I Track?



What happened just before the leak?



Did I feel urgency first?



Was the amount a few drops or more?



How often does it happen?



Which activities have I started avoiding?



More Kegels are not automatically the answer. A pelvic-floor assessment can help determine whether you need strengthening, relaxation, coordination or another approach.



Gentle Reminder

Leakage is common, but it deserves attention when it affects comfort, confidence, sleep, exercise or daily activities.

Martine's Midlife Wellness Tip

For three days, write down the trigger and whether urgency came first. Those two details can make the pattern much easier to explain.



Seek prompt medical care for blood in urine, fever with urinary symptoms, severe pelvic or back pain, new leg weakness or numbness, or difficulty passing urine.