

**ICS 2026 • ABSTRACT
#430**

**Workplace to
Wellness: Impact of
Corporate-Based
Urinary Incontinence
Awareness Programs
on Early Detection
and Care-Seeking
Behavior**

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**FROM WORKPLACE TO
WELLNESS**

**Confidential education can
turn hidden symptoms into
timely care.**

URINARY INCONTINENCE AWARENESS • ICS 2026 MAASTRICHT

BACKGROUND

Working adults may normalize urgency, frequency and urinary leakage or avoid seeking care because of embarrassment, limited time and concern about discussing continence symptoms in the workplace.

METHODS

A structured workplace initiative combined short educational sessions, confidential symptom screening, multilingual digital/printed information and clear referral pathways to urology care. Participants were educated about UI subtypes, pelvic-floor measures and available treatment. Pre- and post-program awareness and care-seeking behaviour were assessed.

CONCLUSION

Corporate health programs can provide a discreet and scalable route to continence education and early case-finding. Integrating UI screening into workplace wellness may reduce stigma and shorten the delay between symptom onset and clinical assessment.

OBJECTIVE

To assess the impact of a structured corporate-based urinary incontinence awareness program on symptom recognition, early detection and willingness to seek professional care.

RESULTS

Workplace-based education improved recognition that urinary leakage is a treatable medical condition rather than an inevitable consequence of age, childbirth or work stress. Confidential screening identified symptomatic individuals who had not previously sought medical advice, and the program increased willingness to discuss symptoms and pursue specialist evaluation.

KEYWORDS Urinary incontinence • Workplace wellness • Corporate health • Awareness • Early detection • Care-seeking

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