



## Basic Survey Results

# Experiencing Incontinence

December 2025 to January 2026

Our thanks to those men who participated by completing this survey. The 84 responses that we received provide a fascinating snapshot of men's challenges with bladder issues following prostate cancer treatment.

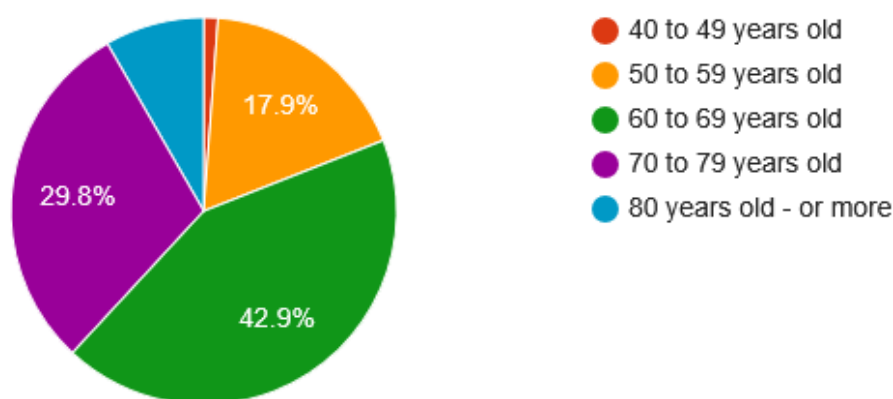
Please note that the results from this survey do not in any way represent medical or health advice. This survey was not conducted under any strict clinical research methodology. The results aim to show the range of experiences of the 84 men who responded to the survey.

# RESULTS FROM EXPERIENCING INCONTINENCE SURVEY

## Section 1 – About you

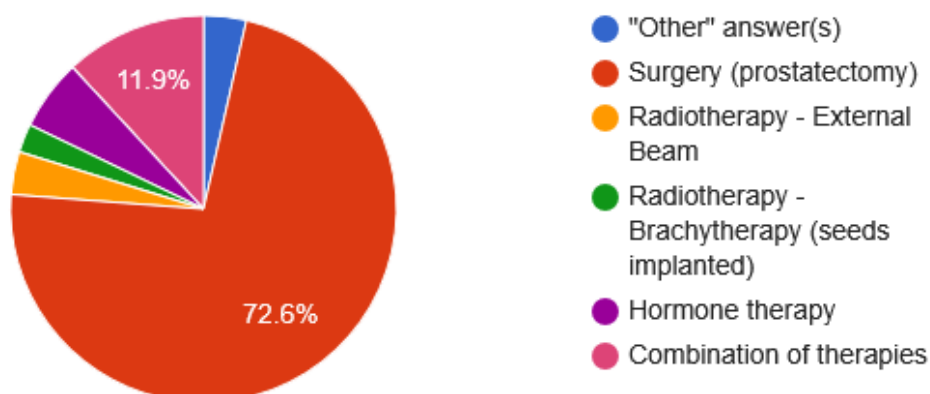
How old were you when you were diagnosed with prostate cancer?

- Younger than 40 years of age
- 40 to 49 years old { **1** }
- 50 to 59 years old { **15** }
- 60 to 69 years old { **36** }
- 70 to 79 years old { **25** }
- 80 years old or more { **7** }
- Other { **0** }



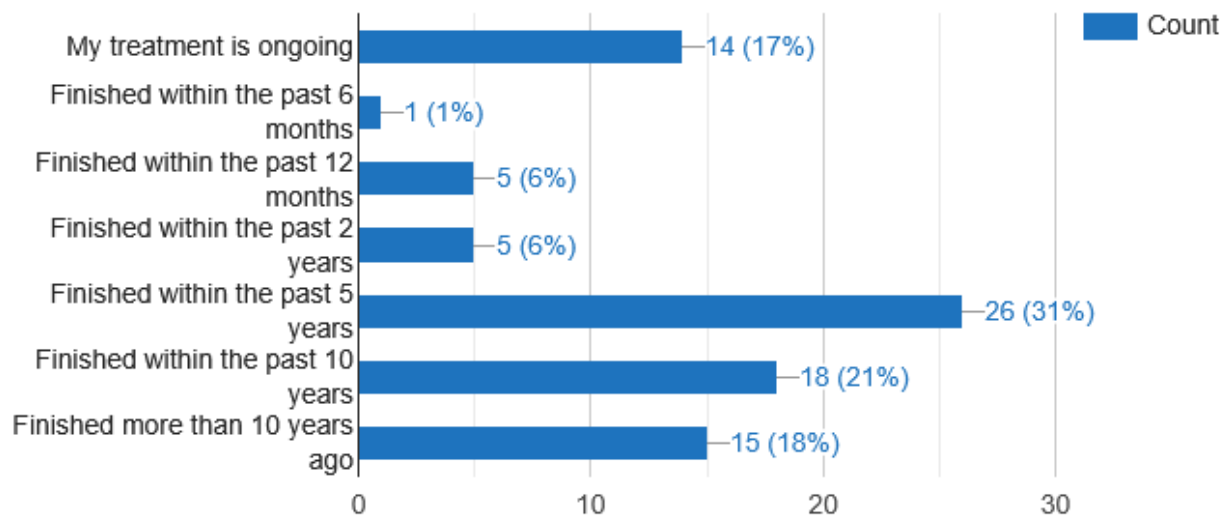
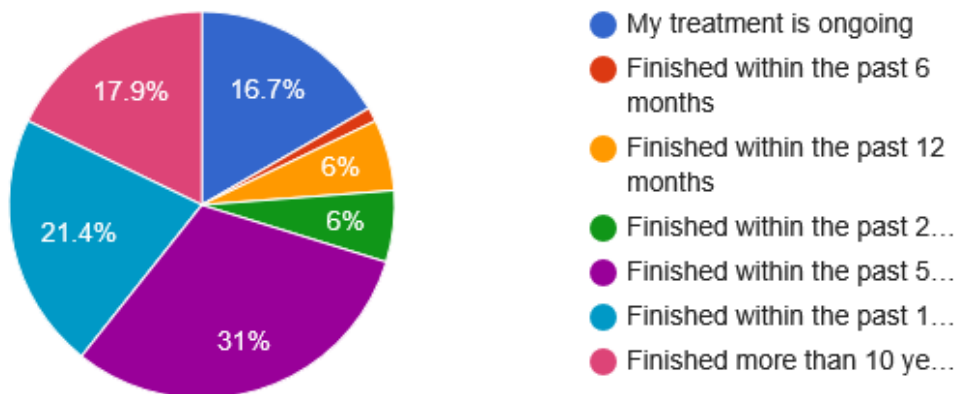
What kind of treatment did you have (or are you still having)?

- Surgery (prostatectomy) { **61** }
- Radiotherapy – External Beam { **3** }
- Radiotherapy – Brachytherapy (seeds implanted) { **2** }
- Hormone therapy { **5** }
- Focal therapy { **0** }
- Combination of therapies { **10** }
- Other { **3** } On watch + Biopsy MRI ; Proton therapy ; Surgery, radiation + hormone therapy



## How long ago did you finish your treatment?

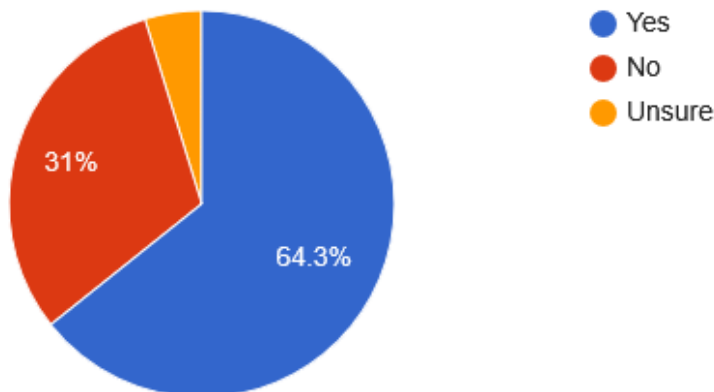
- My treatment is ongoing { **14** }
- Finished within the past 6 months { **1** }
- Finished within the past 12 months { **5** }
- Finished within the past 2 years { **5** }
- Finished within the past 5 years { **26** }
- Finished within the past 10 years { **18** }
- Finished more than 10 years ago { **15** }



## Section 2 - Pelvic floor experience

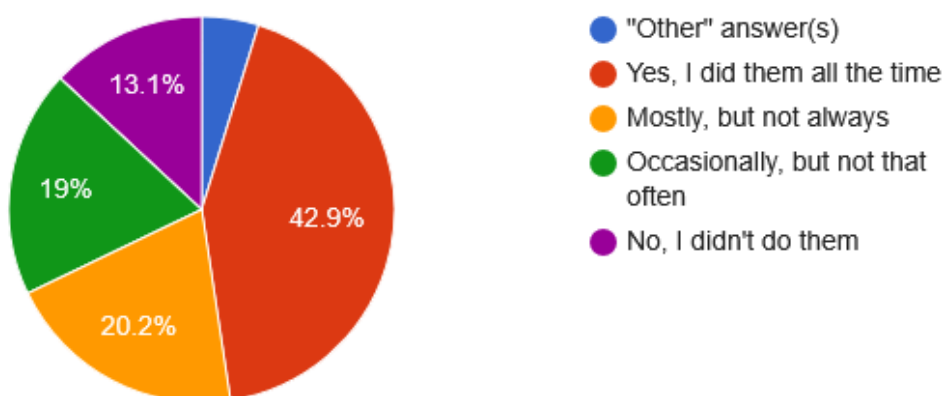
Have you ever had a consultation with a Continence Physiotherapist (also known as a Pelvic Floor Physiotherapist)?

Yes [ **54** ] / No { **26** } / Unsure { **4** }



Did you do any pelvic floor rehab exercises (like "nuts to guts")?

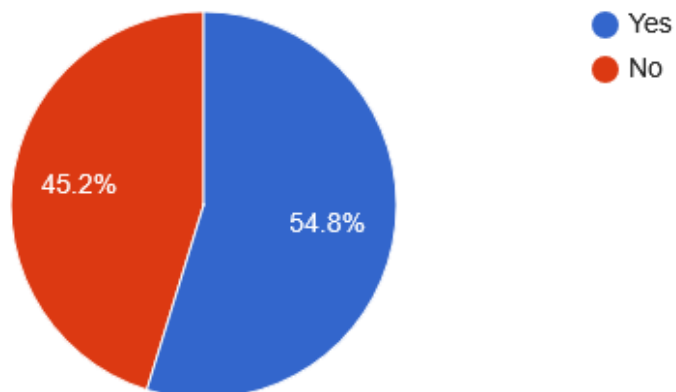
- Yes, I did them all the time { **36** }
- Mostly, but not always { **17** }
- Occasionally, but not that often { **16** }
- No, I didn't do them { **11** }
- Other { **4** } Also do targeted exercises through the amazing PROST, Exercise 4 Prostate Cancer program in Perth ; I did them prior to surgery but not after ; I started after the prostatectomy and have been doing the since. Should have started before! ; I will call once my catheter is removed.



### Section 3 - Leaking or not?

Are you fully continent now (completely back in control of your bladder and/or bowel)?

Yes { **46** } / No { **38** }



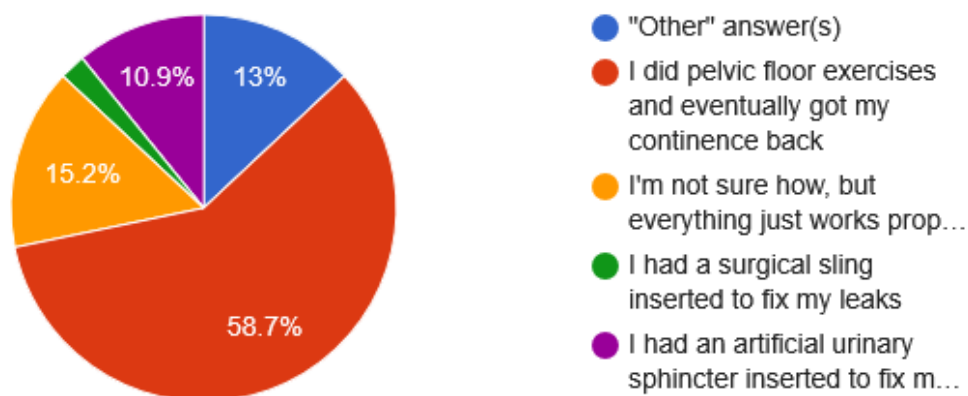
*Yes – go to Section 4 (Did you need further treatment?)*

*No – go to Section 5 (Still having leaks, spurts or dribbles?)*

## Section 4 - Did you need further treatment?

How did you regain control of your bladder (and/or bowel)?

- I did pelvic floor exercises and eventually got my continence back { **27** }
- I'm not sure how, but everything just works properly again { **7** }
- I had a surgical sling inserted to fix my leaks { **1** }
- I had an artificial urinary sphincter inserted to fix my leaks { **5** }
- Other { **6** } I didn't suffer incontinence after surgery ; I never had any problem ; Never had a problem in the first place as I keep fit ; Pelvic floor exercises AND medication like Betmiga, currently 50mg every 2 days ; Some difficulties following biopsies but no major issue ; Urinary stoma.

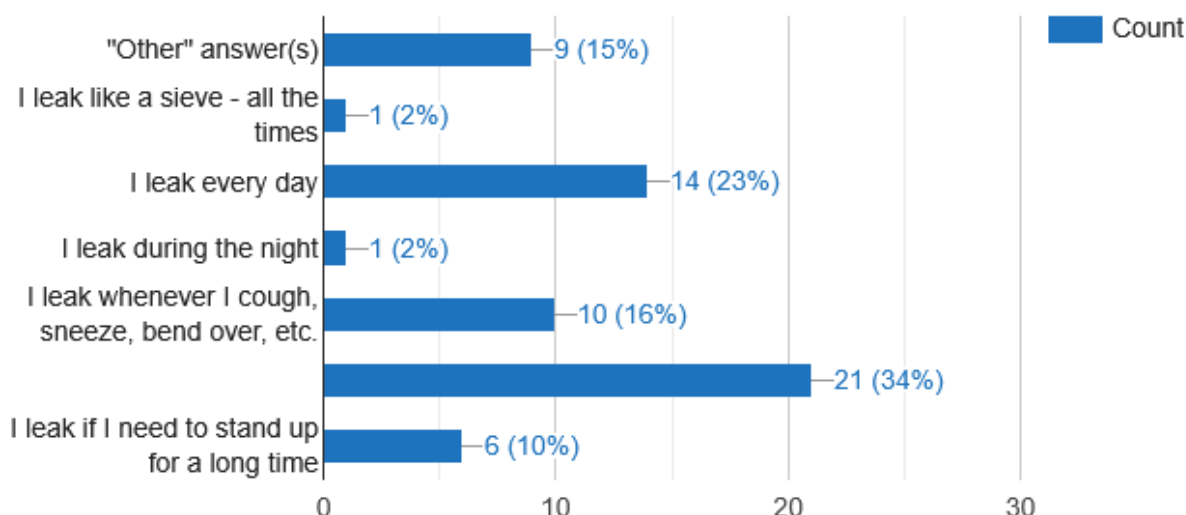
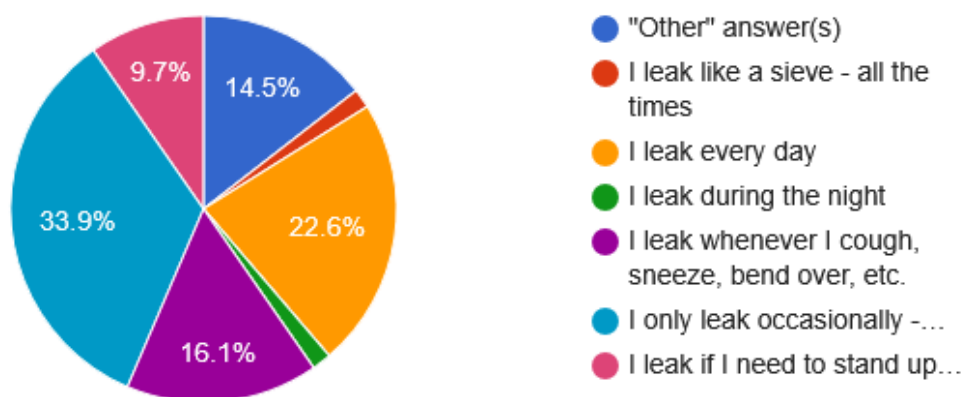


*After this section, go to Section 8 (Awareness)*

## Section 5 - Still having leaks, spurts or dribbles?

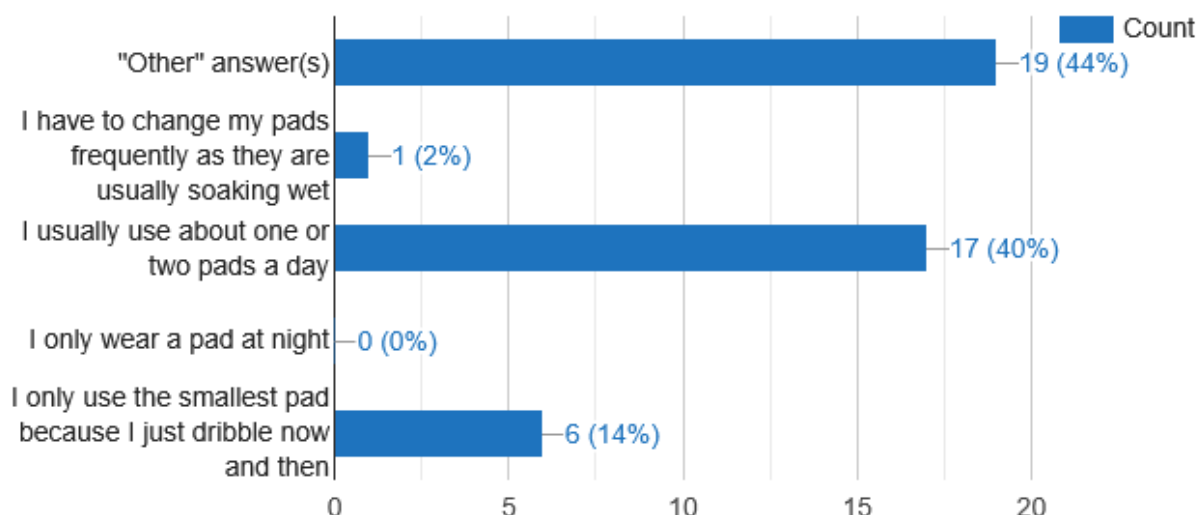
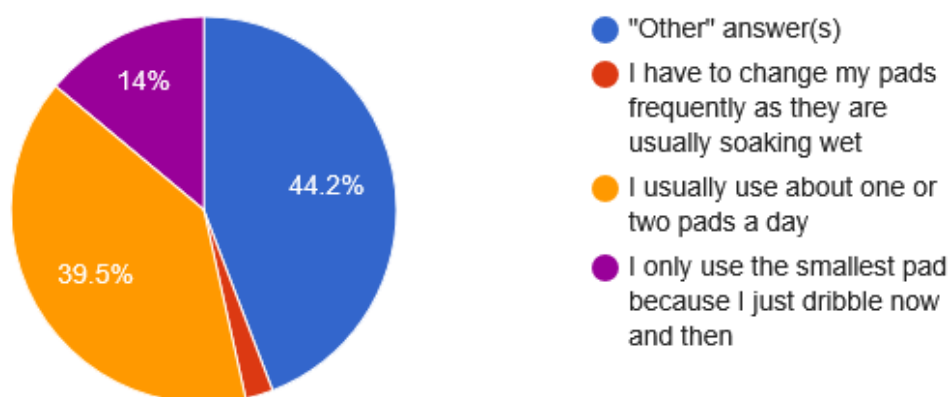
How would you describe your bladder leaks? You can check all the boxes that apply.

- I leak like a sieve – all the time { **1** }
- I leak every day { **13** }
- I leak during the night { **2** }
- I leak whenever I cough, sneeze, bend over, etc. { **11** }
- I only leak occasionally – maybe just a dribble or a spurt { **21** }
- I leak if I need to stand up for a long time { **6** }
- Other { **4** } Swing golf club ; Sometimes some exercises at the gym will make me squirt a little ; Substantial amount sometimes in my sleep, no particular reason for it ; Very significant "arousal" incontinence ; Just when I've gotta go, I've gotta go. It's urgent! ; No leakage as such but urgency and frequency at times, but not all the time. Have to be creative sometimes ; Slight leakage from my catheter.



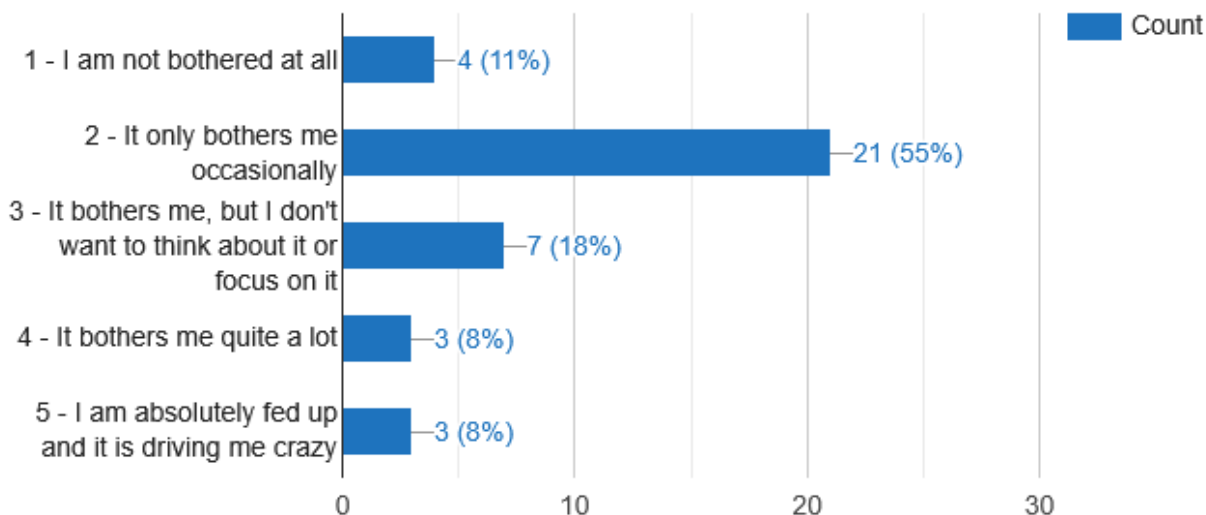
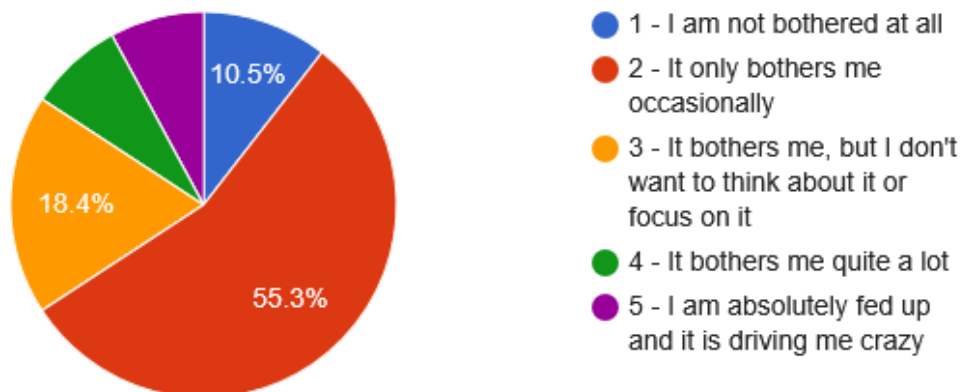
## How many pads or pull-ups would you generally use?

- I have to change my pads frequently as they are usually soaking wet { **1** }
- I usually use about one or two pads a day { **17** }
- I only wear a pad at night { **0** }
- I only use the smallest pad because I just dribble now and then { **6** }
- Other { **18** } At one month after my surgery I no longer needed pads ; Don't need them anymore ; Don't use ; Got jocks for dribbles ; I don't need pads ; I only use a pad at social events and not at night ; I only use if on holidays just in case or if at home after an incident in case it continues ; I use 3-4 pads a week ; I use a pad as insurance if I am away from home ; 1 lasts 2 days ; I use a light pad during the day, which if I am going out I change, and a heavier duty one at night ; I use a piece of toilet paper tucked into my foreskin, which catches most leaks and dribbles ; None (x 3) ; One a day ; Use dunny paper in the jocks all the time ; Use incontinence underwear ; Wear pad to golf or if I have a cold.



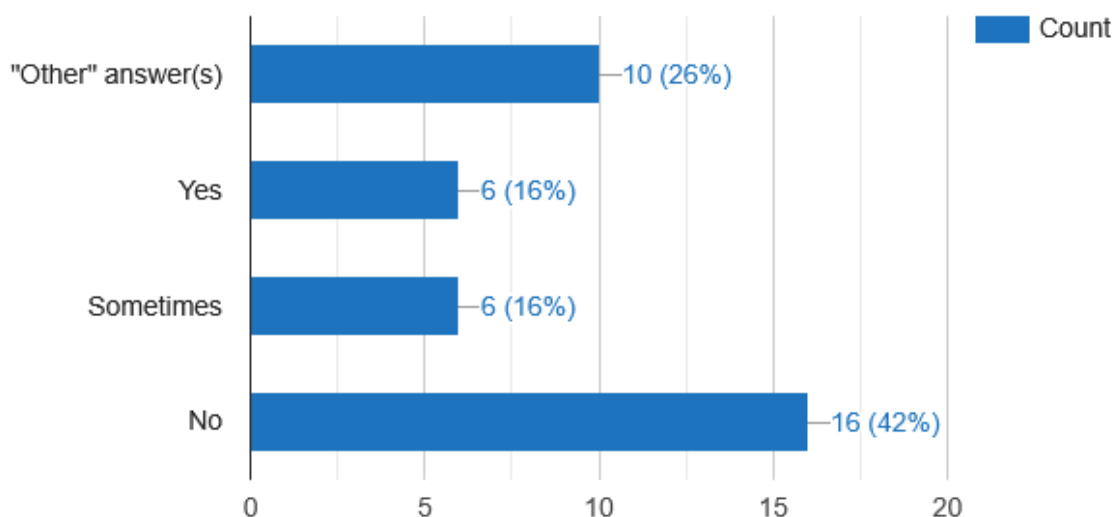
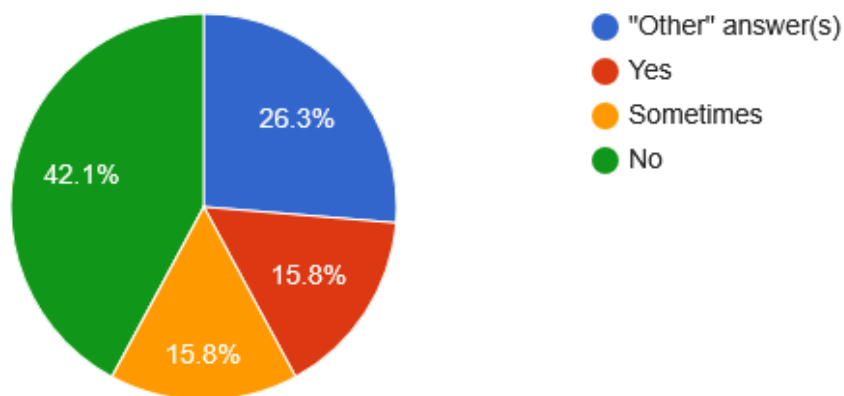
On a scale of 1 to 5, how much does your leakage bother you?

- 1. I am not bothered at all { **4** }
- 2. It only bothers me occasionally { **21** }
- 3. It bothers me, but I don't want to think about it or focus on it { **7** }
- 4. It bothers me quite a lot { **3** }
- 5. I am absolutely fed up and it is driving me crazy { **3** }



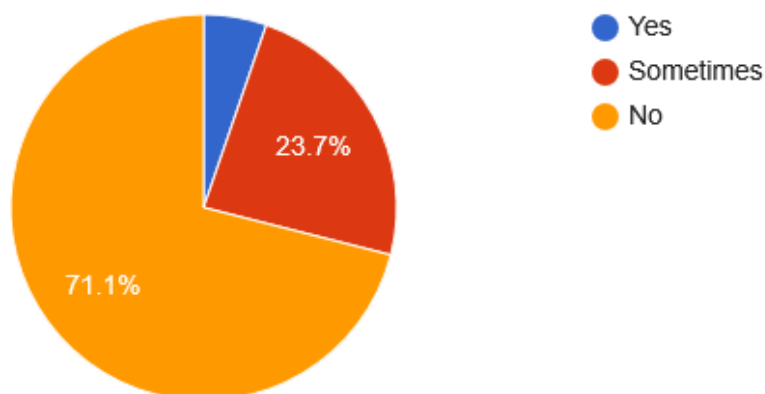
Does your incontinence interfere with you being intimate (having sex or being physically close to someone)?

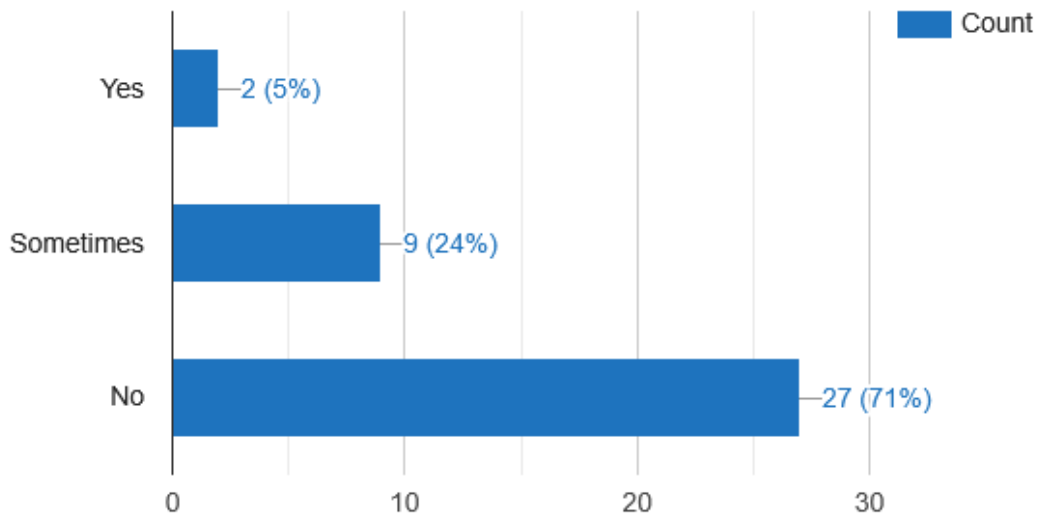
Yes { 6 } / Sometimes { 6 } / No { 16 } / Other { 10 } ADT interferes with intimacy ; Haven't had a partner since my operation ; I have become asexual ; I have to ideally empty my bladder before intimacy ; No need for intimacy, my partner is in care ; Not applicable ; Not possible with the catheter ; Sex no longer ; Unable to get hard so we're not intimate ; What's sex?



Do you stay at home to avoid leaking in public?

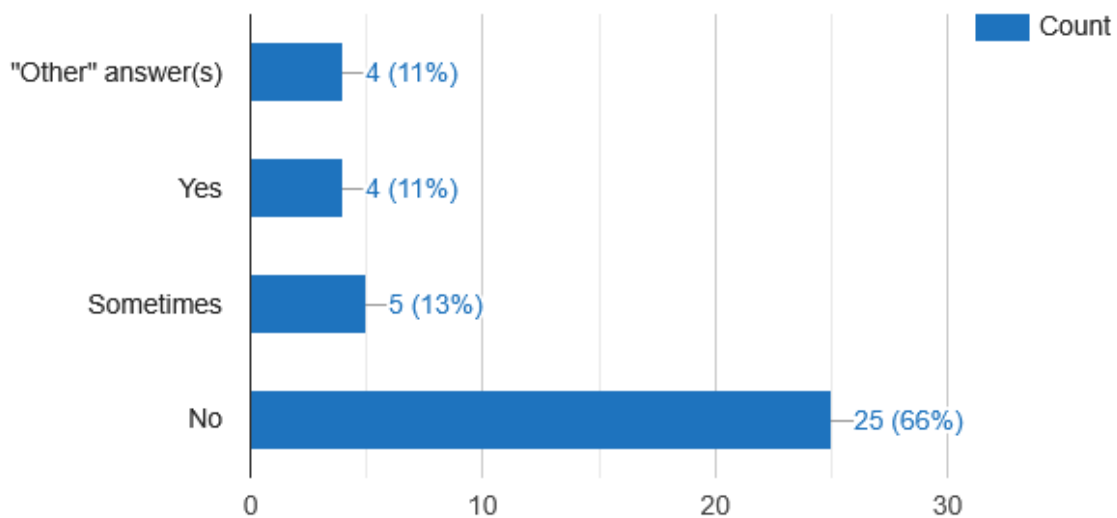
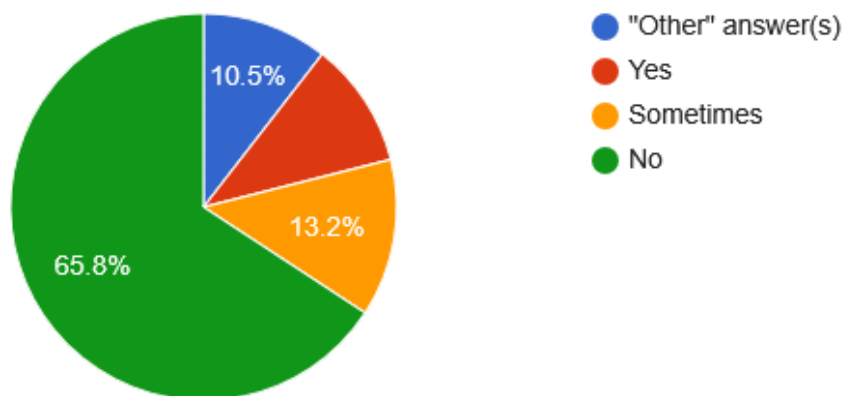
Yes { 2 } / Sometimes { 9 } / No { 27 }





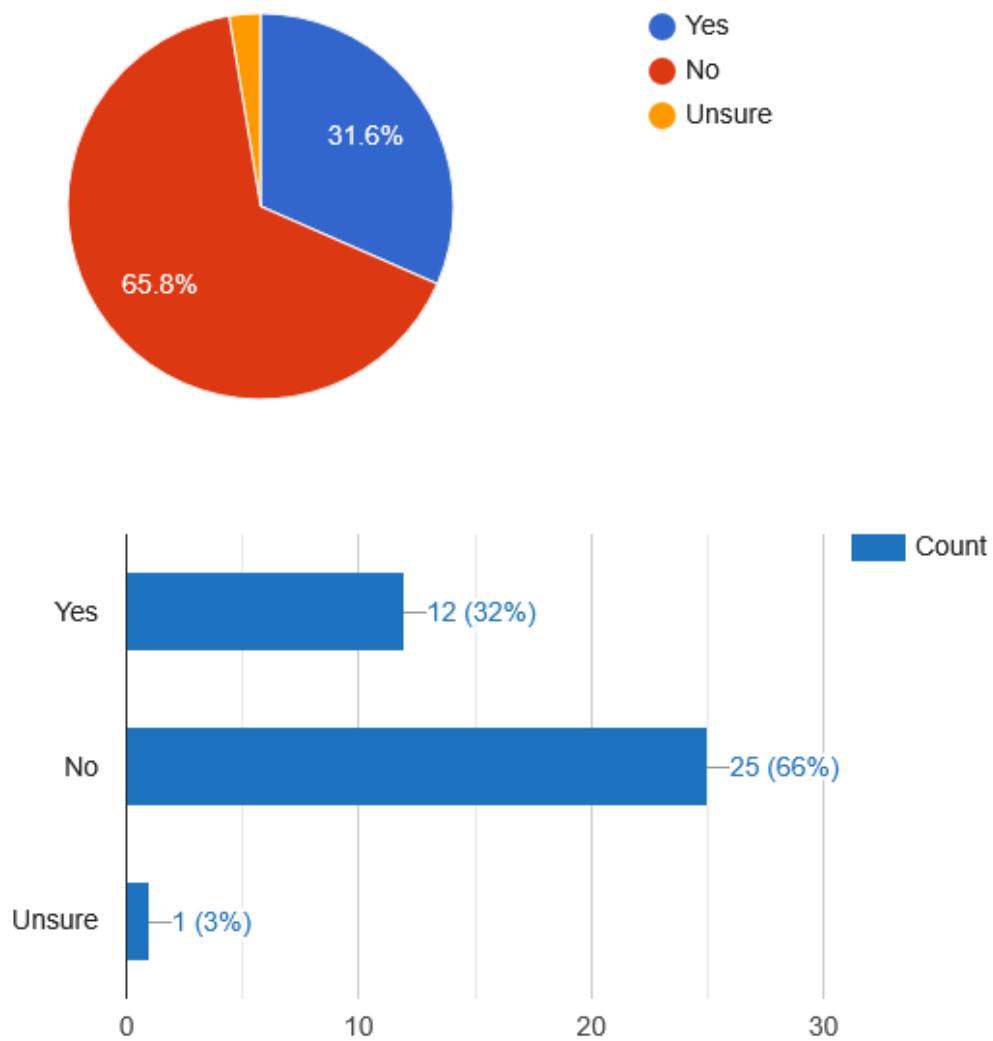
Do you worry about having to change your pad (or other continence product) in a public toilet?

Yes { 4 } / Sometimes { 5 } / No { 25 } / Other { 4 } Don't use public toilets to change pads ; Don't wear pads anymore ; No pads yet ; Not applicable.



Have you ever seen a sanitary product disposal bin in a men's cubicle in a public toilet?

Yes { 12 } / No { 25 } / Unsure { 1 }

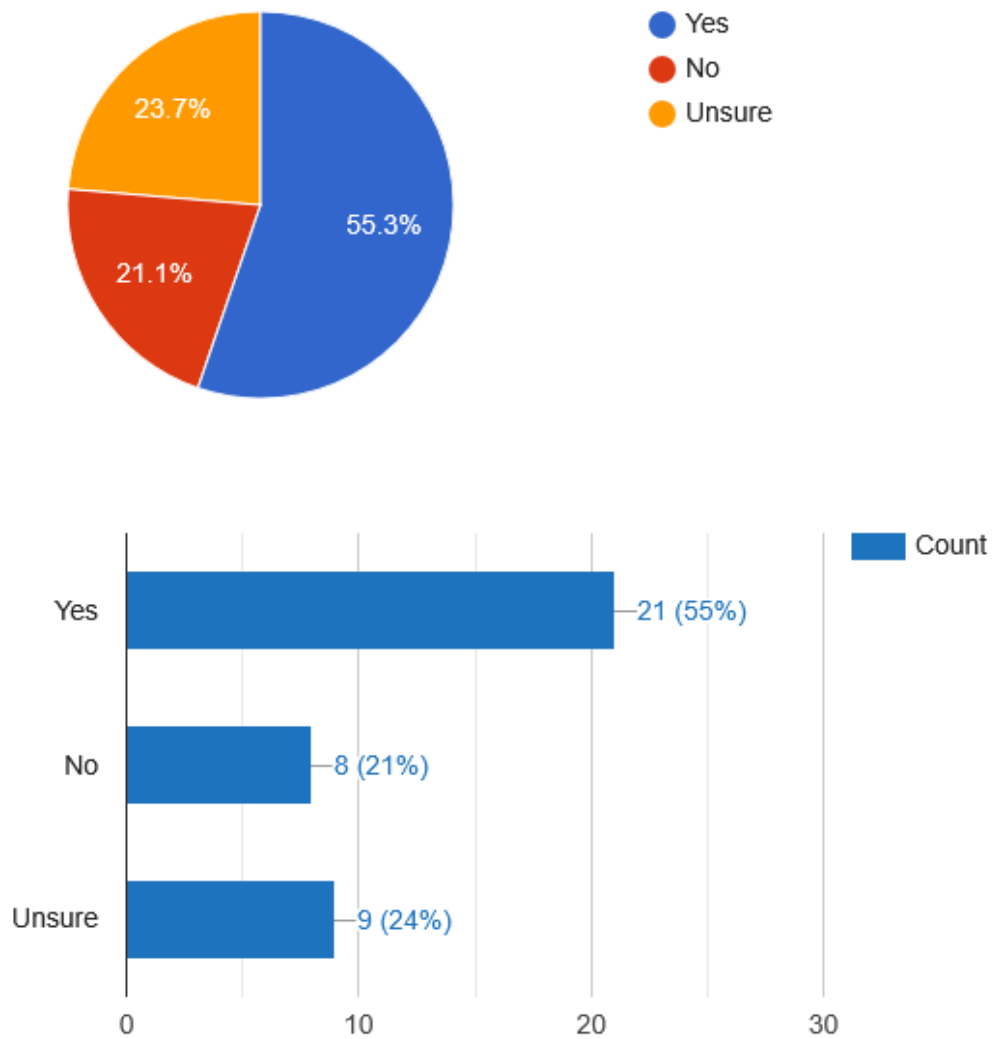


*After this section, go to Section 6 (Getting help if those leaks persist)*

## Section 6 - Getting help if those leaks persist

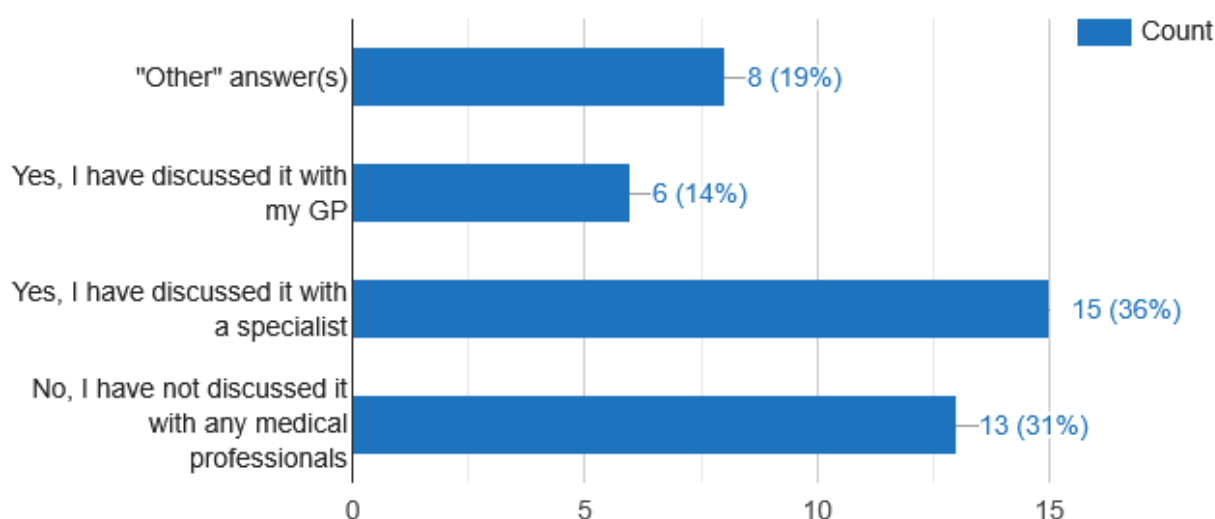
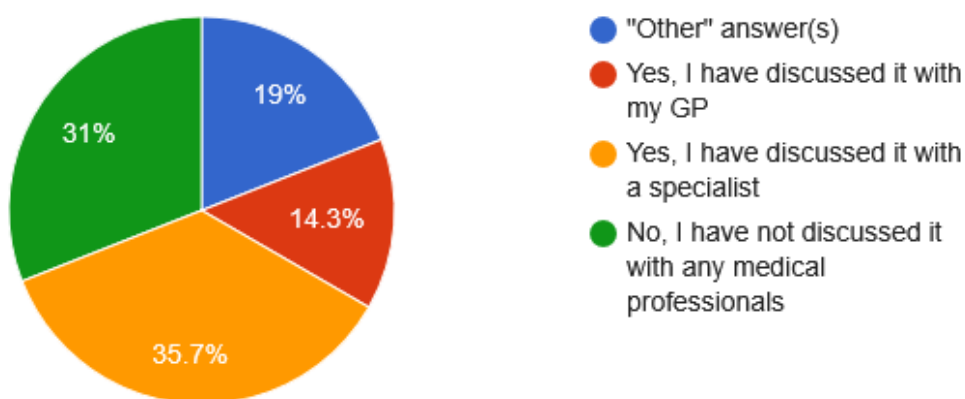
Are you aware of the options that may be available to help you regain continence?

Yes { 21 } / No { 8 } / Unsure { 9 }



If it's been more than 12 months since your treatment ended, have you spoken with your GP or specialist about your ongoing leakage? You can tick all the boxes that apply.

- Yes, I have discussed it with my GP { 6 }
- Yes, I have discussed it with a specialist { 15 }
- No, I have not discussed it with any medical professionals { 13 }
- Other { 8 } Discussed it at each of my 3 monthly follows where my PSA blood test results are reviewed. Pelvic floor exercises are the only solutions put forward ; Discussed with my physio who specialises in men's health issues ; Had a sling fitted which left me totally dry. 12 months later had a penile implant inserted that unfortunately despite the surgeon stating it wouldn't affect me, has left me with minor incontinence that necessitates 24 hour pad wearing. But I am a super happy camper that feels 21 again, having an absolutely amazing wife has helped ; No point, they are not interested after treatment ; Ongoing ; Still receiving treatment ; I am on my second artificial urinary sphincter but still leak and have accidents. Parkinson's doesn't help ; Yet to see specialist at 10 months after surgery.



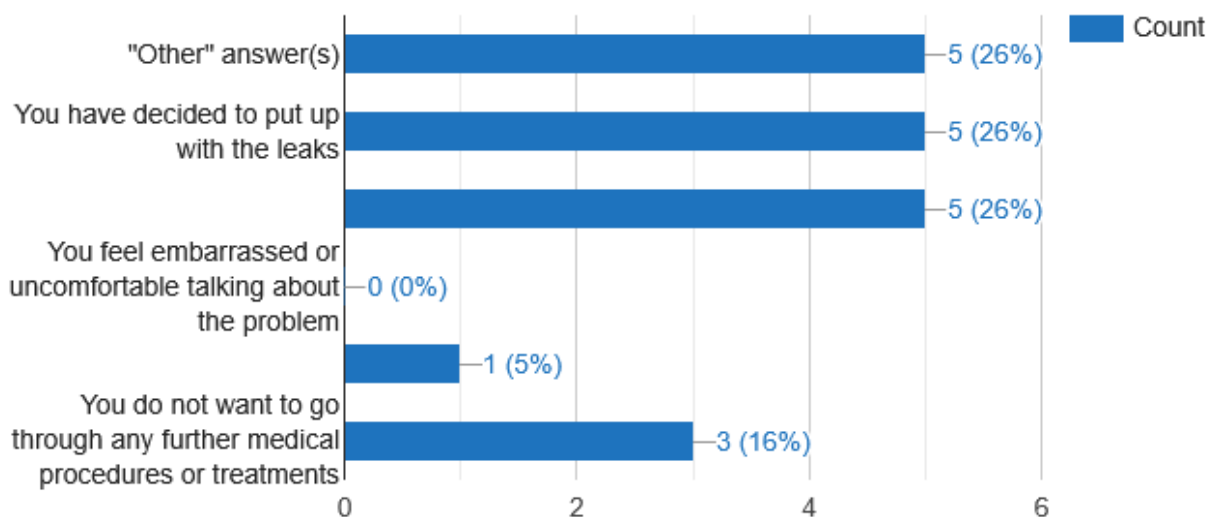
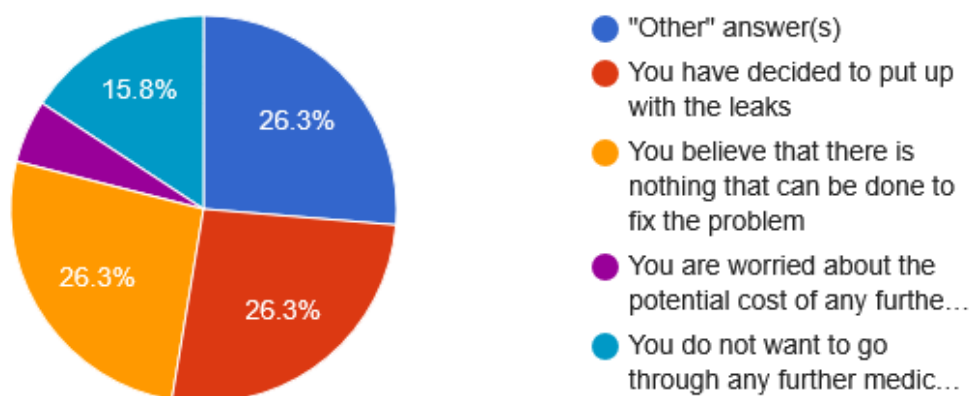
*If no, go to Section 7 (What stopped you asking for help?)*

*All other responses, go to Section 8 (Awareness)*

## Section 7 - What stopped you asking for help?

If you have not been to see a specialist or your GP, what has stopped you from doing so? You can check all the boxes that apply.

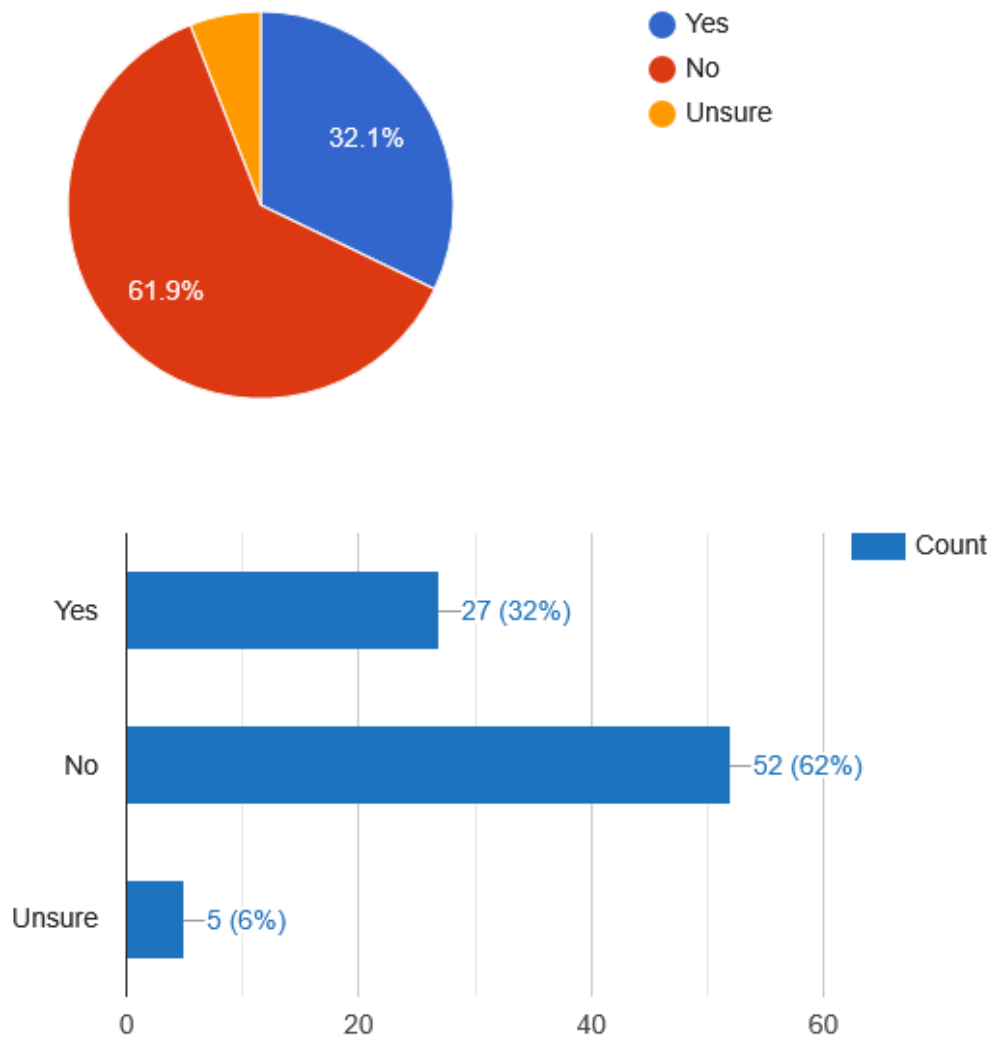
- You have decided to put up with the leaks { 5 }
- You believe that there is nothing that can be done to fix the problem { 5 }
- You feel embarrassed or uncomfortable talking about the problem { 0 }
- You are worried about the potential cost of any further treatment { 1 }
- You do not want to go through any further medical procedures or treatments { 3 }
- Other { 5 } I am not worried by an occasional drip ; I have ; It's not too bad and radiotherapy has caused a slight bump but I feel confident I'll get there ; Only happens at the gym and not very often ; It's annoying, but I keep thinking it will improve ??????????????????



## Section 8 – Awareness

Have you heard of Continenence Health Australia (CHA)?

Yes { 27 } / No { 52 } / Unsure { 5 }



Are you aware of the National Public Toilet Map in Australia?

Yes { 28 } / No { 55 } / Unsure { 1 }

