

Incontinence Quiz: 100 Multiple-Choice Questions with Answers

1. What is urinary incontinence?

- A. Complete kidney failure
- B. Loss of bladder control causing accidental urine leakage
- C. Infection of the kidneys
- D. Inability to produce urine

Answer: B. Loss of bladder control causing accidental urine leakage

Explanation: Urinary incontinence is the involuntary leakage of urine due to problems with bladder control. It can range from occasional leaks to complete inability to hold urine.

2. Which type of incontinence is caused by pressure on the bladder during coughing or sneezing?

- A. Overflow incontinence
- B. Functional incontinence
- C. Stress incontinence
- D. Reflex incontinence

Answer: C. Stress incontinence

Explanation: Stress incontinence occurs when physical movement or activity such as coughing, sneezing, laughing, or lifting increases abdominal pressure and causes urine leakage.

3. What is urge incontinence commonly associated with?

- A. Sudden intense urge to urinate
- B. Kidney stones only
- C. Excessive sweating
- D. Liver disease

Answer: A. Sudden intense urge to urinate

Explanation: Urge incontinence involves a sudden, strong need to urinate followed by involuntary urine leakage before reaching a restroom.

4. Which muscle group plays a major role in bladder control?

- A. Deltoid muscles
- B. Pelvic floor muscles
- C. Hamstring muscles
- D. Calf muscles

Answer: B. Pelvic floor muscles

Explanation: The pelvic floor muscles support the bladder and help maintain continence by controlling the release of urine.

5. Which condition may increase the risk of urinary incontinence?

- A. Diabetes
- B. Perfect vision
- C. Low heart rate
- D. Healthy kidneys

Answer: A. Diabetes

Explanation: Diabetes can damage nerves controlling the bladder, increasing the risk of urinary incontinence.

6. What is overflow incontinence?

- A. Leakage due to bladder overfilling
- B. Painful urination only
- C. Blood in urine
- D. Kidney infection

Answer: A. Leakage due to bladder overfilling

Explanation: Overflow incontinence occurs when the bladder does not empty properly and overfills, leading to dribbling leakage.

7. Which lifestyle factor can worsen incontinence?

- A. Smoking
- B. Adequate hydration
- C. Regular exercise
- D. Balanced diet

Answer: A. Smoking

Explanation: Smoking can irritate the bladder and cause chronic coughing, which may worsen stress incontinence.

8. Which gender is more commonly affected by stress incontinence?

- A. Men
- B. Women
- C. Children only
- D. Equal in all groups

Answer: B. Women

Explanation: Women are more likely to develop stress incontinence due to pregnancy, childbirth, and menopause affecting pelvic floor support.

9. What is nocturia?

- A. Pain during urination
- B. Frequent nighttime urination
- C. Complete bladder blockage
- D. Kidney swelling

Answer: B. Frequent nighttime urination

Explanation: Nocturia refers to waking up during the night one or more times to urinate.

10. Which beverage may irritate the bladder?

- A. Water
- B. Herbal tea
- C. Coffee
- D. Milk

Answer: C. Coffee

Explanation: Caffeine in coffee can stimulate the bladder and worsen urinary urgency and frequency.

11. What is functional incontinence?

- A. Leakage due to physical or mental limitations
- B. Kidney failure
- C. Bladder infection only
- D. Excess urine production

Answer: A. Leakage due to physical or mental limitations

Explanation: Functional incontinence occurs when a person cannot reach the toilet in time because of mobility problems or cognitive impairment.

12. Which exercise is commonly recommended for incontinence?

- A. Bench press
- B. Kegel exercises
- C. Sprinting
- D. Push-ups

Answer: B. Kegel exercises

Explanation: Kegel exercises strengthen pelvic floor muscles and can improve bladder control.

13. Which age group is most commonly affected by urinary incontinence?

- A. Infants only
- B. Teenagers only
- C. Older adults
- D. Newborns only

Answer: C. Older adults

Explanation: Urinary incontinence becomes more common with age due to muscle weakening and medical conditions.

14. Which organ stores urine?

- A. Liver
- B. Bladder
- C. Pancreas
- D. Spleen

Answer: B. Bladder

Explanation: The bladder is a hollow organ that stores urine until it is released during urination.

15. What is mixed incontinence?

- A. Combination of stress and urge incontinence
- B. Kidney and liver disease together
- C. Infection with bleeding
- D. Complete loss of kidney function

Answer: A. Combination of stress and urge incontinence

Explanation: Mixed incontinence involves symptoms of both stress and urge incontinence.

16. Which medical professional commonly treats urinary incontinence?

- A. Dermatologist
- B. Urologist

- C. Ophthalmologist
- D. Cardiologist

Answer: B. Urologist

Explanation: Urologists specialize in diseases and disorders of the urinary tract.

17. What can obesity contribute to?

- A. Improved bladder strength
- B. Increased pressure on the bladder
- C. Reduced urine production
- D. Better pelvic muscles

Answer: B. Increased pressure on the bladder

Explanation: Excess body weight increases pressure on the bladder and pelvic floor muscles, worsening incontinence.

18. Which symptom may accompany urge incontinence?

- A. Sudden urinary urgency
- B. Hair loss
- C. Skin rash
- D. Hearing problems

Answer: A. Sudden urinary urgency

Explanation: Urge incontinence often involves a strong, sudden urge to urinate.

19. Which surgery may increase the risk of incontinence in men?

- A. Appendectomy
- B. Prostate surgery
- C. Tonsil removal
- D. Cataract surgery

Answer: B. Prostate surgery

Explanation: Prostate surgery can affect nerves and muscles involved in bladder control.

20. What is a common cause of temporary incontinence?

- A. Urinary tract infection
- B. Broken arm
- C. Tooth decay
- D. Sunburn

Answer: A. Urinary tract infection

Explanation: UTIs can irritate the bladder and temporarily increase urgency and leakage.

21. Which diagnostic test measures bladder function?

- A. ECG
- B. Urodynamic testing
- C. Colonoscopy
- D. EEG

Answer: B. Urodynamic testing

Explanation: Urodynamic tests evaluate how well the bladder and urethra store and release urine.

22. Which medication type may help treat urge incontinence?

- A. Antibiotics only
- B. Anticholinergics
- C. Antacids
- D. Antihistamines only

Answer: B. Anticholinergics

Explanation: Anticholinergic medications relax the bladder muscle and reduce urgency and frequency.

23. What is the urethra?

- A. Tube carrying urine out of the body
- B. Kidney tissue
- C. Blood vessel in the bladder
- D. Digestive organ

Answer: A. Tube carrying urine out of the body

Explanation: The urethra transports urine from the bladder to outside the body.

24. Which neurological disorder may cause incontinence?

- A. Multiple sclerosis
- B. Astigmatism
- C. Eczema
- D. Migraine only

Answer: A. Multiple sclerosis

Explanation: Multiple sclerosis can disrupt nerve signals controlling bladder function.

25. Which pregnancy-related factor may contribute to incontinence?

- A. Increased pelvic pressure
- B. Better bladder support
- C. Lower urine production
- D. Improved nerve function

Answer: A. Increased pelvic pressure

Explanation: Pregnancy places additional pressure on pelvic muscles and the bladder.

26. What is bowel incontinence?

- A. Inability to digest food
- B. Loss of bowel control
- C. Kidney failure
- D. Stomach ulcers

Answer: B. Loss of bowel control

Explanation: Bowel incontinence refers to accidental leakage of stool due to poor bowel control.

27. Which food may worsen bladder irritation?

- A. Spicy foods
- B. Rice
- C. Apples
- D. Oatmeal

Answer: A. Spicy foods

Explanation: Spicy foods can irritate the bladder in some individuals and worsen symptoms.

28. Which hormone changes during menopause may affect continence?

- A. Insulin
- B. Estrogen
- C. Thyroxine
- D. Cortisol

Answer: B. Estrogen

Explanation: Reduced estrogen levels after menopause can weaken tissues supporting the bladder and urethra.

29. What is bladder training?

- A. Surgery to remove the bladder
- B. Scheduled urination to improve bladder control
- C. Kidney massage
- D. Antibiotic treatment

Answer: B. Scheduled urination to improve bladder control

Explanation: Bladder training helps increase the time between urination and improve bladder capacity.

30. Which symptom suggests overflow incontinence?

- A. Constant dribbling of urine
- B. Severe headache
- C. Chest pain
- D. Skin itching

Answer: A. Constant dribbling of urine

Explanation: Overflow incontinence often causes frequent or constant dribbling due to incomplete bladder emptying.

31. Which condition enlarges the prostate and may cause incontinence?

- A. Benign prostatic hyperplasia
- B. Appendicitis
- C. Gallstones
- D. Asthma

Answer: A. Benign prostatic hyperplasia

Explanation: Enlarged prostate can obstruct urine flow and contribute to overflow incontinence.

32. What does "incontinence" mean?

- A. Ability to control bladder or bowel function
- B. Excess urine production

- C. Kidney inflammation
- D. Bladder infection

Answer: A. Ability to control bladder or bowel function

Explanation: Contenance refers to the voluntary control of urination and defecation.

33. Which habit may help reduce nighttime urination?

- A. Drinking large amounts before bed
- B. Limiting fluids before bedtime
- C. Avoiding exercise forever
- D. Sleeping less

Answer: B. Limiting fluids before bedtime

Explanation: Reducing evening fluid intake may decrease nighttime urination.

34. Which device may be used in women with stress incontinence?

- A. Pacemaker
- B. Pessary
- C. Cast
- D. Hearing aid

Answer: B. Pessary

Explanation: A pessary supports pelvic organs and may help reduce stress incontinence.

35. Which symptom is common with urinary tract infection?

- A. Burning during urination
- B. Improved vision
- C. Tooth pain
- D. Joint flexibility

Answer: A. Burning during urination

Explanation: UTIs commonly cause painful or burning urination along with urgency and frequency.

36. Which type of incontinence may occur after spinal cord injury?

- A. Reflex incontinence
- B. Stress incontinence only
- C. Functional incontinence only
- D. Temporary dehydration

Answer: A. Reflex incontinence

Explanation: Reflex incontinence occurs when bladder contractions happen automatically due to nerve damage.

37. Which imaging test may examine the urinary tract?

- A. MRI
- B. X-ray of finger only
- C. Dental scan only
- D. Skin biopsy

Answer: A. MRI

Explanation: MRI and other imaging tests may evaluate urinary tract structures.

38. What is one goal of pelvic floor therapy?

- A. Improve bladder support
- B. Increase blood sugar
- C. Reduce lung function
- D. Improve eyesight

Answer: A. Improve bladder support

Explanation: Pelvic floor therapy strengthens muscles supporting the bladder and urethra.

39. Which condition can cause chronic coughing and worsen stress incontinence?

- A. Chronic bronchitis
- B. Broken finger
- C. Nearsightedness
- D. Ear infection

Answer: A. Chronic bronchitis

Explanation: Repeated coughing increases abdominal pressure and may weaken pelvic floor muscles.

40. Which age-related change contributes to incontinence?

- A. Stronger bladder muscles
- B. Reduced bladder elasticity
- C. Improved nerve signals
- D. Increased bone density

Answer: B. Reduced bladder elasticity

Explanation: Aging can reduce bladder capacity and muscle strength.

41. What is fecal incontinence?

- A. Inability to control bowel movements
- B. Kidney disease
- C. Liver failure
- D. Blood clotting disorder

Answer: A. Inability to control bowel movements

Explanation: Fecal incontinence is the inability to control stool passage.

42. Which surgery may help severe stress incontinence?

- A. Sling procedure
- B. Tonsillectomy
- C. Cataract removal
- D. Appendectomy

Answer: A. Sling procedure

Explanation: Sling procedures provide support to the urethra to reduce urine leakage.

43. Which symptom may indicate urge incontinence?

- A. Inability to delay urination
- B. Dry skin only
- C. Hair thinning
- D. Muscle cramps only

Answer: A. Inability to delay urination

Explanation: Urge incontinence often involves difficulty postponing urination.

44. Which condition may damage nerves controlling the bladder?

- A. Stroke
- B. Broken toe
- C. Seasonal allergies
- D. Acne

Answer: A. Stroke

Explanation: Stroke can disrupt communication between the brain and bladder.

45. Which drink is least likely to irritate the bladder?

- A. Water
- B. Energy drinks
- C. Alcohol
- D. Soda

Answer: A. Water

Explanation: Water is generally the safest beverage for bladder health.

46. What is double voiding?

- A. Urinating twice within a short time to empty the bladder
- B. Drinking twice as much water
- C. Surgery on both kidneys
- D. A bladder infection

Answer: A. Urinating twice within a short time to empty the bladder

Explanation: Double voiding can help people with incomplete bladder emptying.

47. Which medication side effect may worsen incontinence?

- A. Increased urination
- B. Improved muscle tone
- C. Better sleep only
- D. Faster nail growth

Answer: A. Increased urination

Explanation: Some medications increase urine production or relax bladder muscles.

48. Which type of doctor may assist with pelvic floor rehabilitation?

- A. Physical therapist
- B. Dentist
- C. Optometrist

D. Dermatologist

Answer: A. Physical therapist

Explanation: Specialized pelvic floor physical therapists help strengthen supportive muscles.

49. Which symptom is common in overactive bladder?

- A. Frequent urination
- B. Hearing loss
- C. Vision loss
- D. Hair growth

Answer: A. Frequent urination

Explanation: Overactive bladder often causes frequent urination and urgency.

50. Which test may detect urine leakage during coughing?

- A. Stress test for bladder control
- B. Eye exam
- C. Blood pressure check only
- D. Hearing test

Answer: A. Stress test for bladder control

Explanation: During a stress test, coughing or straining may demonstrate urine leakage.

51. What is the main purpose of absorbent pads in incontinence care?

- A. Cure the condition
- B. Manage urine leakage
- C. Increase bladder size
- D. Prevent kidney stones

Answer: B. Manage urine leakage

Explanation: Absorbent products help contain leakage and protect clothing and skin.

52. Which condition can contribute to functional incontinence in older adults?

- A. Arthritis
- B. Perfect mobility
- C. Excellent memory
- D. Strong vision

Answer: A. Arthritis

Explanation: Arthritis may limit mobility and make it difficult to reach the toilet quickly.

53. Which bladder habit may worsen symptoms?

- A. Delaying urination for long periods
- B. Healthy hydration
- C. Regular exercise
- D. Timed voiding

Answer: A. Delaying urination for long periods

Explanation: Holding urine too long may irritate the bladder and weaken bladder function.

54. Which condition is commonly linked to fecal incontinence?

- A. Chronic diarrhea
- B. Healthy digestion
- C. Perfect bowel function
- D. Strong abdominal muscles

Answer: A. Chronic diarrhea

Explanation: Loose stool is harder to control and increases the risk of fecal incontinence.

55. Which symptom may suggest pelvic floor weakness?

- A. Leakage during exercise
- B. Improved balance
- C. Better hearing
- D. Strong grip strength

Answer: A. Leakage during exercise

Explanation: Physical activity can trigger leakage when pelvic floor muscles are weak.

56. What is catheterization?

- A. Inserting a tube to drain urine
- B. Removing the kidneys
- C. Treating hearing problems
- D. Performing eye surgery

Answer: A. Inserting a tube to drain urine

Explanation: Catheterization helps empty the bladder when normal urination is difficult.

57. Which neurological disease may impair bowel control?

- A. Parkinson's disease
- B. Nearsightedness
- C. Sinus infection
- D. Acne

Answer: A. Parkinson's disease

Explanation: Parkinson's disease can interfere with nerve control of bowel and bladder function.

58. Which factor may reduce the risk of incontinence?

- A. Maintaining healthy weight
- B. Smoking heavily
- C. Ignoring symptoms
- D. Excess caffeine intake

Answer: A. Maintaining healthy weight

Explanation: Healthy body weight reduces strain on pelvic floor muscles.

59. Which bladder symptom is associated with overactive bladder?

- A. Urgency
- B. Blurred vision
- C. Chest pain
- D. Skin discoloration

Answer: A. Urgency

Explanation: Overactive bladder commonly causes sudden urges to urinate.

60. Which type of incontinence often occurs without warning due to nerve damage?

- A. Reflex incontinence
- B. Stress incontinence
- C. Functional incontinence
- D. Temporary incontinence

Answer: A. Reflex incontinence

Explanation: Reflex incontinence happens automatically because normal nerve control is impaired.

61. What is one purpose of bladder diaries?

- A. Track urinary habits and symptoms
- B. Measure blood sugar only
- C. Improve eyesight
- D. Record heart rhythms

Answer: A. Track urinary habits and symptoms

Explanation: Bladder diaries help identify patterns and triggers for incontinence.

62. Which condition may lead to urinary retention and overflow incontinence?

- A. Enlarged prostate
- B. Healthy bladder
- C. Strong pelvic muscles
- D. Mild headache

Answer: A. Enlarged prostate

Explanation: An enlarged prostate can block urine flow and prevent full bladder emptying.

63. Which habit may irritate the bladder lining?

- A. Excess alcohol consumption
- B. Drinking water moderately
- C. Walking daily
- D. Balanced meals

Answer: A. Excess alcohol consumption

Explanation: Alcohol may irritate the bladder and increase urine production.

64. Which complication may result from untreated incontinence?

- A. Skin irritation
- B. Improved sleep

- C. Better mobility
- D. Stronger muscles

Answer: A. Skin irritation

Explanation: Constant moisture exposure can damage the skin and cause infections.

65. Which pelvic structure supports the bladder?

- A. Pelvic floor
- B. Shoulder joint
- C. Rib cage
- D. Skull

Answer: A. Pelvic floor

Explanation: The pelvic floor muscles support pelvic organs including the bladder.

66. Which condition may temporarily worsen urinary urgency?

- A. Anxiety
- B. Good sleep
- C. Balanced nutrition
- D. Calm breathing

Answer: A. Anxiety

Explanation: Stress and anxiety may increase bladder sensitivity and urgency.

67. Which surgery treats severe bowel incontinence in some cases?

- A. Sphincter repair
- B. LASIK surgery
- C. Tonsillectomy
- D. Gallbladder removal

Answer: A. Sphincter repair

Explanation: Sphincter repair surgery may improve bowel control in selected patients.

68. What does urgency mean in bladder symptoms?

- A. Sudden strong need to urinate
- B. Pain in the chest
- C. Loss of appetite
- D. Muscle weakness

Answer: A. Sudden strong need to urinate

Explanation: Urgency is the abrupt and compelling desire to urinate immediately.

69. Which group is at higher risk for stress incontinence?

- A. Women after childbirth
- B. Healthy teenagers only
- C. Infants only
- D. Professional athletes only

Answer: A. Women after childbirth

Explanation: Childbirth can stretch and weaken pelvic floor muscles.

70. Which symptom is common in fecal incontinence?

- A. Leakage of stool
- B. Dry cough
- C. Nosebleeds
- D. Joint pain

Answer: A. Leakage of stool

Explanation: Fecal incontinence involves accidental bowel leakage.

71. Which medical device may collect urine externally?

- A. Condom catheter
- B. Pacemaker
- C. Contact lens
- D. Cast

Answer: A. Condom catheter

Explanation: Condom catheters are external urinary collection devices used mainly in men.

72. Which type of fluid intake is generally healthiest for bladder function?

- A. Adequate water intake
- B. Excess soda
- C. Energy drinks only
- D. Large amounts of alcohol

Answer: A. Adequate water intake

Explanation: Proper hydration supports bladder health without excessive irritation.

73. Which condition may affect bladder sensation?

- A. Diabetic neuropathy
- B. Healthy circulation
- C. Strong bones
- D. Clear vision

Answer: A. Diabetic neuropathy

Explanation: Nerve damage from diabetes can reduce bladder sensation and control.

74. Which behavior can strengthen pelvic muscles?

- A. Regular Kegel exercises
- B. Smoking daily
- C. Avoiding movement
- D. Excess caffeine intake

Answer: A. Regular Kegel exercises

Explanation: Consistent pelvic floor exercises improve muscle strength and bladder support.

75. Which symptom may indicate a bladder infection?

- A. Cloudy urine
- B. Clear vision
- C. Hair loss
- D. Foot swelling only

Answer: A. Cloudy urine

Explanation: Cloudy urine may occur with urinary tract infections.

76. Which specialist may help with bowel incontinence?

- A. Gastroenterologist
- B. Podiatrist
- C. Audiologist
- D. Ophthalmologist

Answer: A. Gastroenterologist

Explanation: Gastroenterologists diagnose and treat digestive and bowel disorders.

77. Which exercise may worsen severe pelvic floor weakness if done improperly?

- A. Heavy lifting
- B. Gentle walking
- C. Stretching

D. Controlled breathing

Answer: A. Heavy lifting

Explanation: Heavy lifting can increase abdominal pressure and strain weak pelvic muscles.

78. Which medical condition can affect cognition and contribute to functional incontinence?

- A. Dementia
- B. Healthy memory
- C. Mild sunburn
- D. Seasonal allergies

Answer: A. Dementia

Explanation: Cognitive impairment may prevent recognizing or responding to the need to use the toilet.

79. What is one benefit of scheduled toileting?

- A. Reduces accidents
- B. Causes dehydration
- C. Weakens muscles
- D. Increases infections

Answer: A. Reduces accidents

Explanation: Timed bathroom visits can improve continence and reduce urgency episodes.

80. Which surgery may support the urethra in women?

- A. Bladder sling surgery
- B. Brain surgery
- C. Appendectomy
- D. Cataract surgery

Answer: A. Bladder sling surgery

Explanation: Sling surgery provides additional support to prevent leakage.

81. Which condition may contribute to constipation-related bladder symptoms?

- A. Chronic constipation
- B. Healthy digestion
- C. Strong hydration
- D. Balanced diet

Answer: A. Chronic constipation

Explanation: Constipation can place pressure on the bladder and worsen urinary symptoms.

82. Which symptom may suggest severe urinary retention?

- A. Weak urine stream
- B. Better concentration
- C. Improved hearing
- D. Rapid hair growth

Answer: A. Weak urine stream

Explanation: Difficulty emptying the bladder may cause a weak stream and overflow leakage.

83. Which incontinence product protects bedding?

- A. Waterproof mattress pad
- B. Sunglasses
- C. Gloves
- D. Face mask

Answer: A. Waterproof mattress pad

Explanation: Mattress protectors help manage nighttime leakage.

84. Which habit may improve bowel continence?

- A. High-fiber diet
- B. Excess junk food
- C. Skipping meals
- D. Avoiding fluids completely

Answer: A. High-fiber diet

Explanation: Fiber helps regulate bowel movements and stool consistency.

85. Which condition may cause sudden temporary incontinence in older adults?

- A. Delirium
- B. Healthy sleep
- C. Stable mobility
- D. Balanced nutrition

Answer: A. Delirium

Explanation: Acute confusion can impair awareness and toileting ability.

86. Which bladder training goal is common?

- A. Increase time between bathroom visits
- B. Eliminate all fluids
- C. Prevent movement
- D. Reduce kidney function

Answer: A. Increase time between bathroom visits

Explanation: Bladder training aims to improve bladder capacity and control.

87. Which symptom may accompany fecal impaction?

- A. Overflow bowel leakage
- B. Improved digestion
- C. Increased appetite only
- D. Better balance

Answer: A. Overflow bowel leakage

Explanation: Liquid stool may leak around impacted stool in the rectum.

88. Which bladder irritant is commonly found in soda?

- A. Caffeine
- B. Calcium only
- C. Protein only
- D. Iron only

Answer: A. Caffeine

Explanation: Many sodas contain caffeine, which can stimulate the bladder.

89. Which condition can weaken pelvic tissues in women?

- A. Menopause
- B. Healthy hormone balance
- C. Improved circulation
- D. Adequate exercise

Answer: A. Menopause

Explanation: Hormonal changes during menopause may weaken bladder-supporting tissues.

90. Which approach may help prevent skin complications from incontinence?

- A. Frequent skin cleansing
- B. Ignoring wet clothing
- C. Avoiding hygiene
- D. Wearing damp pads for long periods

Answer: A. Frequent skin cleansing

Explanation: Good hygiene reduces irritation and infection risk.

91. Which symptom may indicate overactive bladder syndrome?

- A. Frequent urgent urination
- B. Hearing problems
- C. Skin ulcers
- D. Joint swelling

Answer: A. Frequent urgent urination

Explanation: Overactive bladder involves urgency, frequency, and sometimes leakage.

92. Which treatment may use electrical stimulation to strengthen pelvic muscles?

- A. Neuromodulation therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Dialysis

Answer: A. Neuromodulation therapy

Explanation: Electrical stimulation can help improve bladder and pelvic floor nerve control.

93. Which symptom is common after excessive fluid intake?

- A. Increased urination frequency
- B. Reduced urine production
- C. Blurred hearing

D. Bone pain

Answer: A. Increased urination frequency

Explanation: Drinking large amounts of fluids increases urine output.

94. Which condition may increase abdominal pressure and worsen incontinence?

- A. Chronic obesity
- B. Healthy weight
- C. Regular stretching
- D. Proper hydration

Answer: A. Chronic obesity

Explanation: Extra abdominal weight places pressure on the bladder and pelvic floor.

95. Which bowel habit may worsen fecal incontinence?

- A. Chronic diarrhea
- B. Regular bowel movements
- C. Balanced meals
- D. Healthy hydration

Answer: A. Chronic diarrhea

Explanation: Loose stool is more difficult to control than formed stool.

96. Which test checks for infection in urine?

- A. Urinalysis
- B. Eye examination
- C. Bone scan
- D. Hearing evaluation

Answer: A. Urinalysis

Explanation: Urinalysis can detect bacteria, blood, and other abnormalities.

97. Which nerve-related condition may impair continence?

- A. Spinal cord injury
- B. Tooth cavity
- C. Nearsightedness
- D. Seasonal allergies

Answer: A. Spinal cord injury

Explanation: Damage to spinal nerves may disrupt bladder and bowel control.

98. Which preventive step may lower incontinence risk after childbirth?

- A. Pelvic floor exercises
- B. Smoking
- C. Excess caffeine intake
- D. Avoiding all movement

Answer: A. Pelvic floor exercises

Explanation: Strengthening pelvic muscles after childbirth may improve bladder support.

99. Which symptom may occur with severe urge incontinence?

- A. Leakage before reaching the toilet
- B. Improved balance
- C. Better memory
- D. Increased appetite

Answer: A. Leakage before reaching the toilet

Explanation: Strong urgency may lead to leakage if the toilet cannot be reached in time.

100. What is an important first step when experiencing persistent incontinence?

- A. Seek medical evaluation
- B. Ignore the symptoms
- C. Stop drinking water completely
- D. Avoid all physical activity

Answer: A. Seek medical evaluation

Explanation: Persistent incontinence may signal underlying medical conditions and should be evaluated by a healthcare professional for proper diagnosis and treatment.