

WORLD BEDWETTING DAY

TIME TO TAKE ACTION

BEDWETTING - MEDIA FACTSHEET

What is bedwetting?

- Bedwetting, also known as nocturnal enuresis, is an uncontrollable leakage of urine while asleep¹
- In most cases, children are able to control their bladder aged >5 years²
- Bedwetting is a common childhood condition, with approximately 5–10% of 7 year - olds regularly wetting their beds and the problem may persist into teenage and adulthood³
- Approximately 15-20% of 5-year olds won't be able to stay dry through the night⁴

What causes bedwetting?

- In most cases bedwetting is caused by over-production of urine at night or reduced capacity of the bladder⁵
- An inability to wake up can be another cause⁵
- Recent survey findings highlighted there are misconceptions underlying bedwetting, a condition that is under-recognised and misunderstood by society and healthcare professionals⁶
 - A frequent misconception of bedwetting is that the cause is psychological, rather than having a multifactorial pathophysiological basis^{6,7}

What impact can bedwetting have on a child?

- Bedwetting has a serious impact on a child's self-esteem, emotional well-being and day time functioning, including school and social performance^{5,6,7,8}
- However, the impact is often underestimated and trivialised, so help is not sought or offered⁹
- These consequences are often prolonged as many parents seek lifestyle changes first and nearly half of them do not seek help in children five years or older¹⁰
- As a result, many parents delay seeking treatment for bedwetting until it is having a considerable impact on the child and family¹¹
- Children who are bedwetting are sometimes reprimanded by their parents in several ways. Parents should be aware of the adverse effects of punishment on child's development¹²

Is bedwetting a condition that can be treated?

- For decades, bedwetting was considered as a simple condition that would resolve spontaneously

- However, it is now regarded as a complex disorder involving several factors such as bladder dysfunction, and the over-production of urine at night³
- Successfully treating bedwetting removes the emotional burden placed on the child and improves day time functioning, including social and school performance⁶
- Bedwetting can be treated and families should speak to a healthcare professional to seek further support

What is World Bedwetting Day?

- World Bedwetting Day is held every last Tuesday in May to raise awareness among the public and healthcare professionals that bedwetting is a common medical condition that can and should be treated.
- World Bedwetting Day was initiated and supported by the World Bedwetting Day Steering Committee, which consists of the International Children’s Continence Society (ICCS), the European Society for Paediatric Urology (ESPU), the Asia Pacific Association of Paediatric Urology (APAPU), the International Paediatric Nephrology Association (IPNA), the European Society of Paediatric Nephrology (ESPN), the Sociedad Iberoamericana de Urologia Paediatrica (SIUP), the North American Paediatric Urology Societies, ERIC (The Children's Bowel & Bladder Charity) and Bladder & Bowel UK. This initiative is supported by Ferring Pharmaceuticals.

Where can I find more information about bedwetting?

- For further information about bedwetting, please visit the World Bedwetting Day website: www.worldbedwettingday.com

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