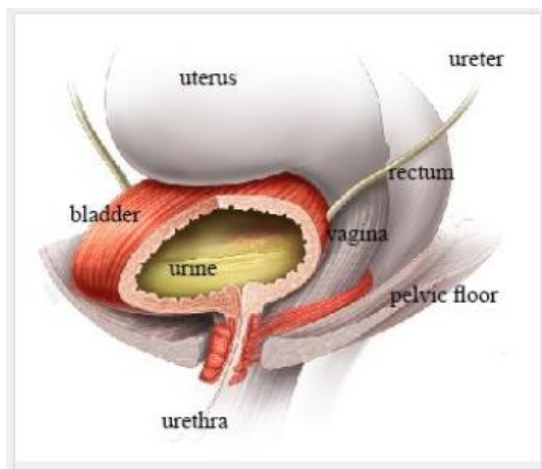
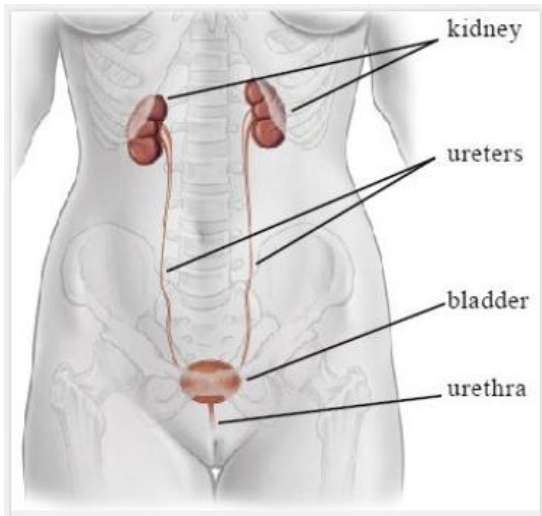




## BLADDER HEALTH

### November is Bladder Health Awareness month.

Bladder problems are considerably more common in women than men. A prevalence study in the US estimates that more than 50% of women suffer with urinary incontinence compared to 13% of men. Other problems such as irritation, pain, and problems emptying the bladder may also occur.



### What can you do to promote a healthy bladder?

- Drink plenty of fluids, especially water (about 8 glasses of fluids per day)
- Avoid excessive consumption of caffeinated and alcoholic beverages
- Stop use of tobacco; smoking is harmful to the bladder
- Avoid constipation
- Eat healthy, exercise for at least 20-30 minutes 5 times a week, and maintain your weight
- Learn and do regular pelvic floor exercises
- Empty your bladder at least once every 4 hours
- Wipe front to back
- Avoid tight underclothes and wear cotton underwear

### Seek medical advice if you:

- Have blood in your urine
- Experience persisting bladder pain
- Feel a lump in your bladder area
- Leak urine

Information on the following bladder health-related topics and more can be found on IUGA's patient website, <http://www.YourPelvicFloor.org>:

- [Bladder Training](#)
- [Constipation](#)
- [Overactive Bladder](#)
- [Pelvic Floor Exercises](#)
- [Stress Urinary Incontinence](#)

Anecdotally, the urinary bladder is said to be a good servant but a bad master. This month is a good opportunity to start making some positive changes for the health of your bladder.

*This information is intended to be used for educational purposes only. It is not intended to be used for the diagnosis or treatment of any medical condition, which should only be done by a qualified physician or other health care professional.*