

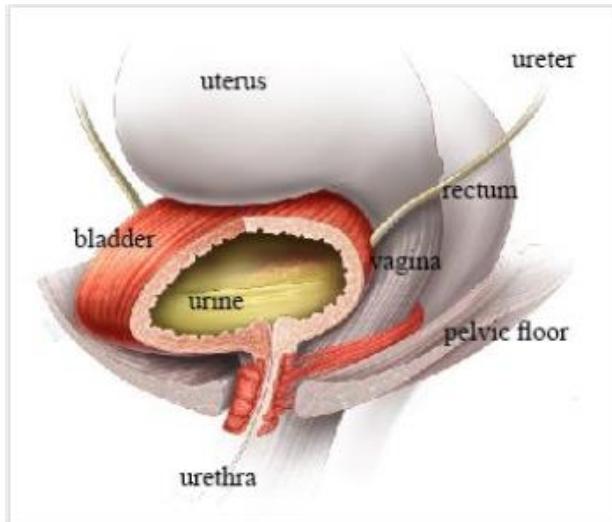
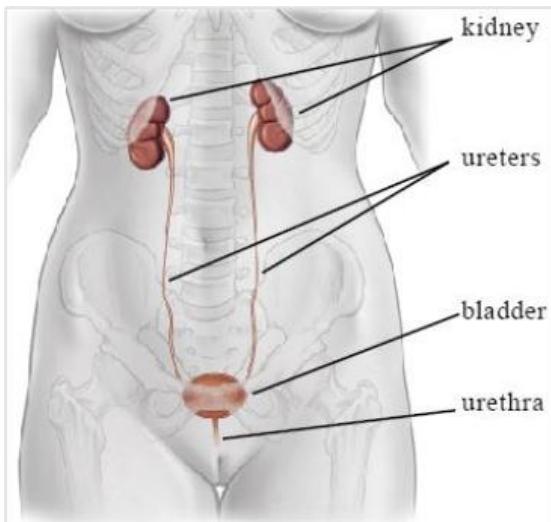
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## BLADDER HEALTH

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November is Bladder Health Awareness month. Bladder problems are considerably more common in women than men. A US study estimates that more than 50% of women report urinary incontinence (leaking urine) compared to 13% of men. Other problems such as irritation, pain, and difficulty emptying the bladder may also occur.

This month is a good opportunity to start making some positive changes for the health of your bladder.



### ***What can I do to promote a healthy bladder?***

- Drink adequate amounts of fluid, especially water (8 glasses of fluids per day)
- Avoid excessive consumption of caffeinated beverages to reduce urgency and frequency. This would be no more than two 8oz cups of caffeinated drinks per day.
- Avoid excessive alcohol consumption, limiting it to no more than 14 units a week or 1 standard drink in a day.
- Stop use of tobacco; smoking is harmful to the bladder.
- Avoid constipation. Consume a diet high in fiber with adequate amounts of fluid, and use laxatives as required.
- Maintain a healthy weight/BMI by eating a healthy diet and exercising for at least 20-30 minutes 5 times per week.
- Learn and do regular pelvic floor exercises.
- Do not postpone the need to urinate.
- Wipe front to back.



**Seek medical advice for any bothersome symptoms, especially if:**

- You see blood in your urine
- Your urine is cloudy or fowl-smelling
- You experience persistent bladder pain
- You have recurrent urinary tract infections

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

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

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. This content has been reviewed by both physicians and patients.