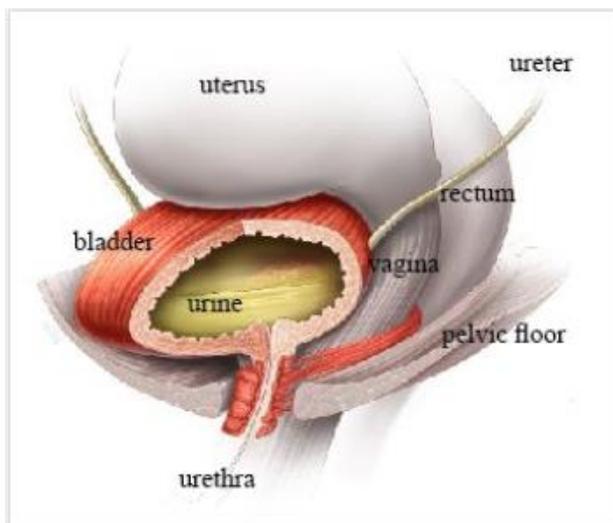
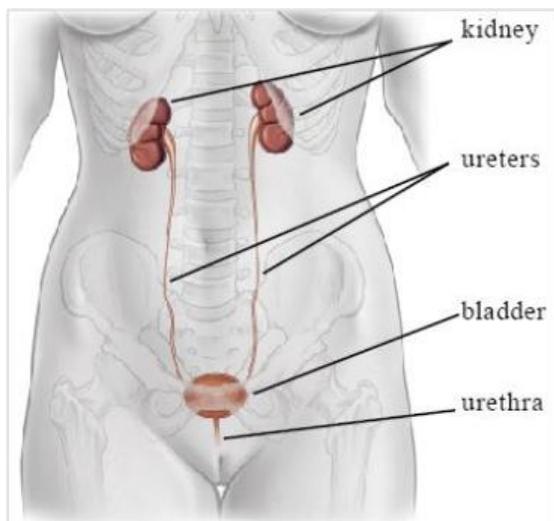




## BLADDER HEALTH

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 foul-smelling
- Your 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](#)