

HOW TO MANAGE BLADDER CONTROL



Bladder weakness is a common problem yet it is not normal and can often be ignored or denied. If you experience weakness it is important that you talk to your doctor about different forms of treatment or referral to a continence physiotherapist or continence nurse advisor.

Pelvic Floor Muscle Exercises. This is a common treatment that can lead to dramatic improvements in simple cases of urinary incontinence. Pelvic floor muscles help to hold the bladder, uterus and bowel in place. With professional advice from a continence physiotherapist or continence nurse advisor you can learn the correct way to strengthen your pelvic floor muscle through exercises. Pelvic Floor Training Aids are available under the Continence section of our Website www.dmedirect.co.nz

For more information visit: <http://www.nzsp.org.nz>

Teach your bladder better habits. Here's another common treatment that gives good results and is also important for a healthier lifestyle.

There are 4 easy steps:

1. Try not to go to the bathroom 'just in case'. This produces a lazy bladder that gets in the habit of believing it needs regular emptying.
2. Try only to go to the bathroom when your bladder is full and you really need to go.
3. Don't rush emptying your bladder. Take your time because rushing can result in incomplete emptying and can result in urinary infection.
4. Keep yourself healthy and maintain a healthy weight and don't smoke.

Products to assist are available under the Continence section of the website: www.dmedirect.co.nz