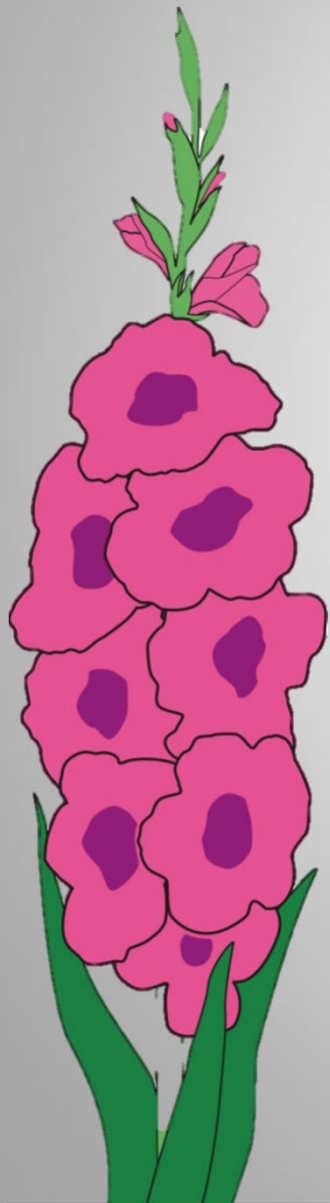


# Bladder Health Class – Taking Control



*G*adiolus

Part 1

# Welcome

## ❖ Agenda

- ◆ 2 hour class
- ◆ Break in the middle
- ◆ Location of bathrooms
- ◆ You will be asked to complete several questionnaires at the end
- ◆ If you have any questions, please feel free to stop us and ask



# The GLADIOLUS Study

## ❖ GLADIOLUS:

**G**roup **L**earning **A**chieves  
**D**ecreased **I**ncidents **o**f  
**L**ower **U**rinary **S**ymptoms

- ◆ NIH supported study to find out if this class can improve bladder control problems called “urinary incontinence”



# Goals & Objectives

- ❖ To understand the anatomy and function of urinary system, especially the bladder and pelvic floor muscles
- ❖ To learn 4 self-care practices to help urine leakage
- ❖ *“Prescription for Bladder Health & Control”*
- ❖ *“Mind over Bladder”*

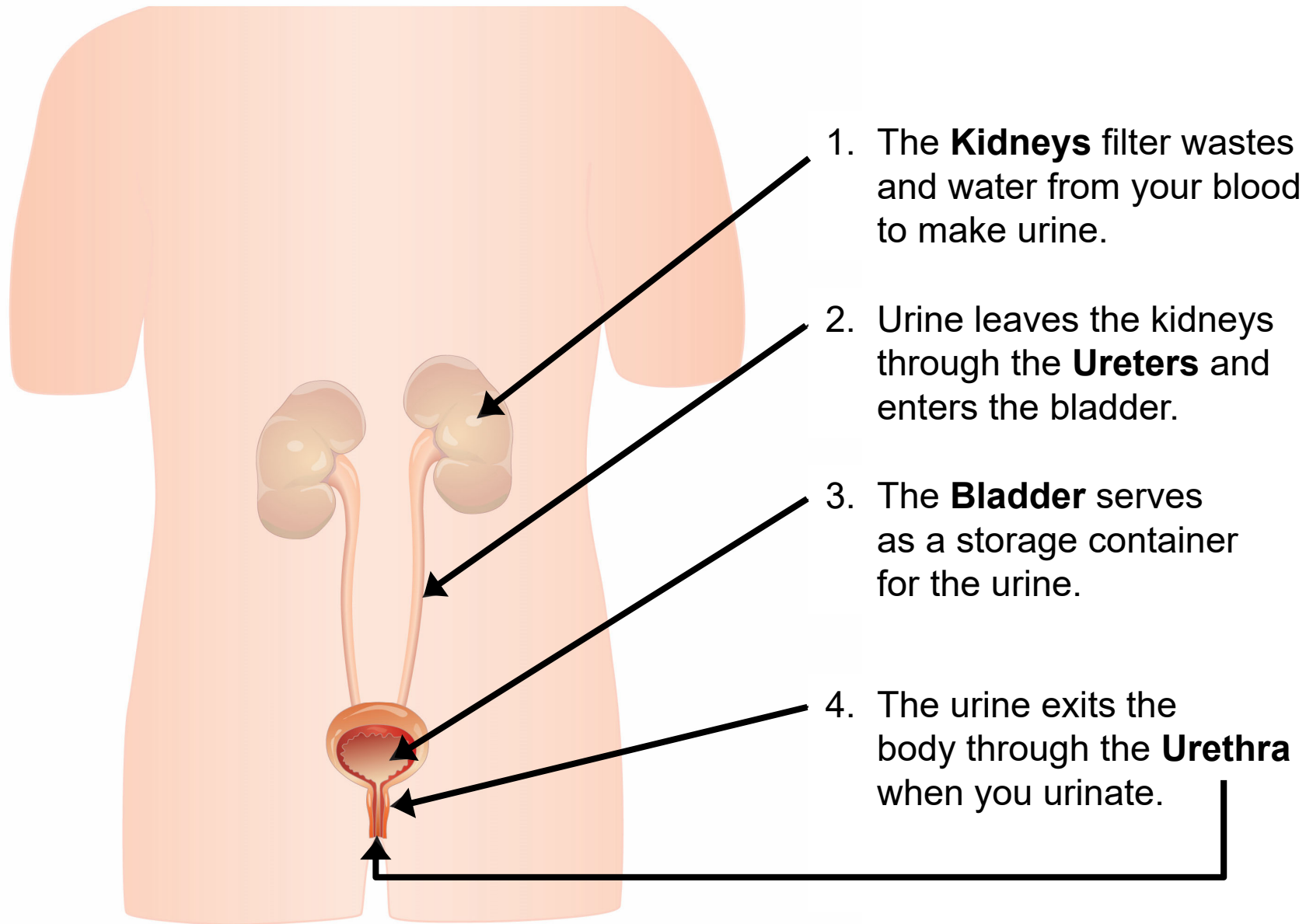


# Definition of Urinary Incontinence

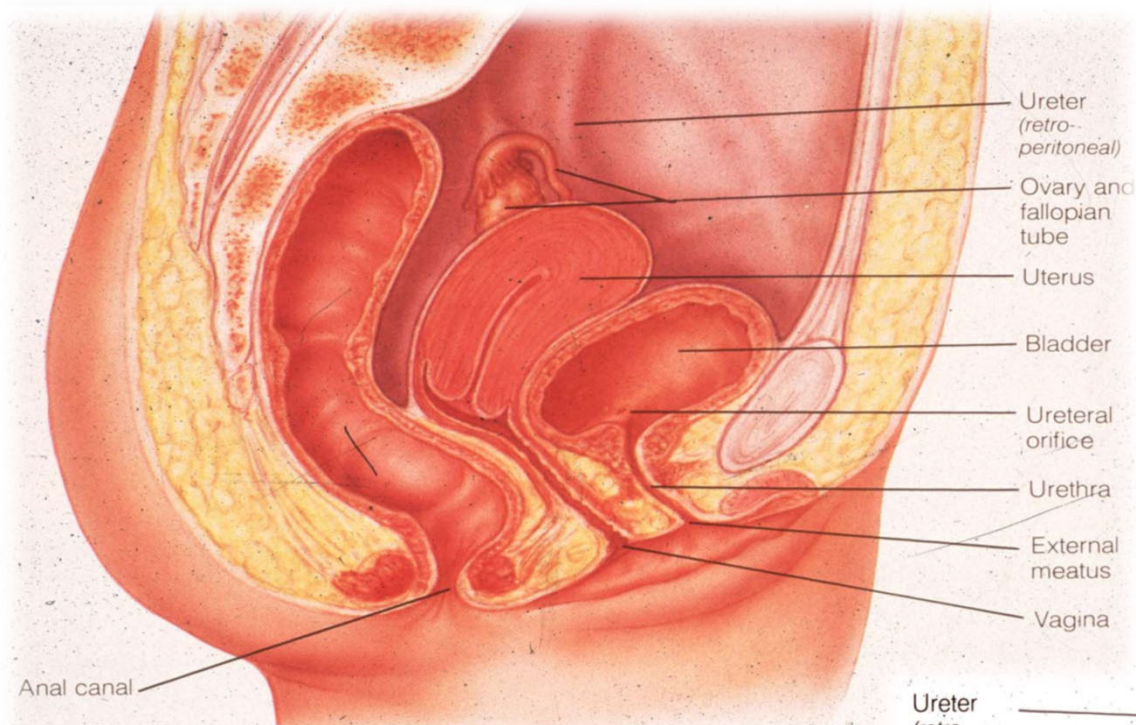
- ❖ Urinary incontinence is any involuntary loss of urine.



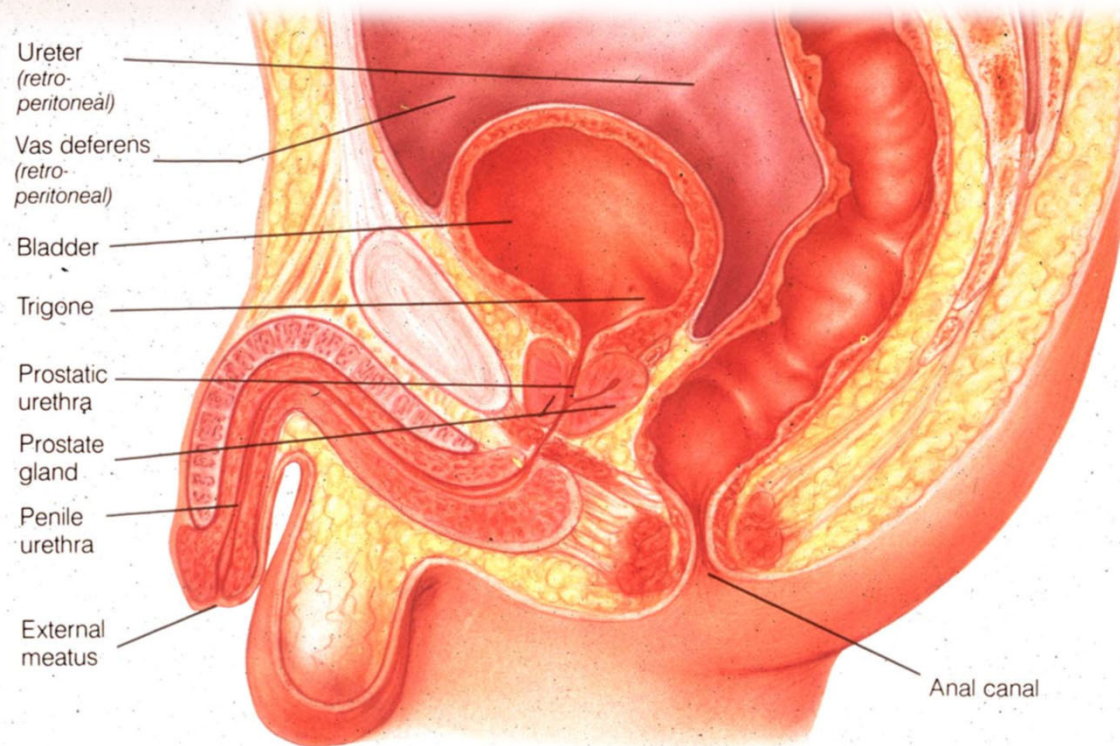
# The Urinary System





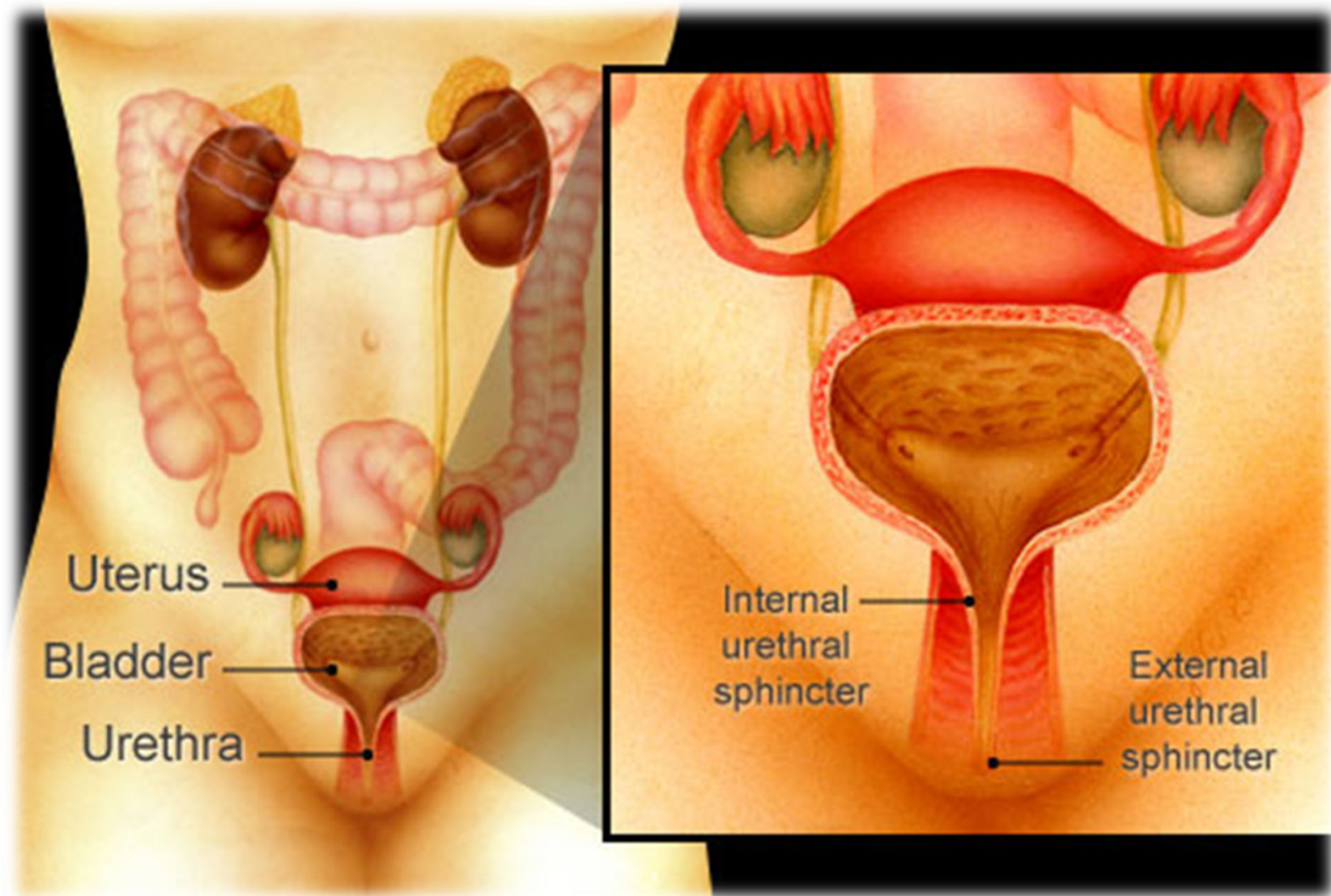


**THE FEMALE GENITOURINARY SYSTEM**  
(x-section)



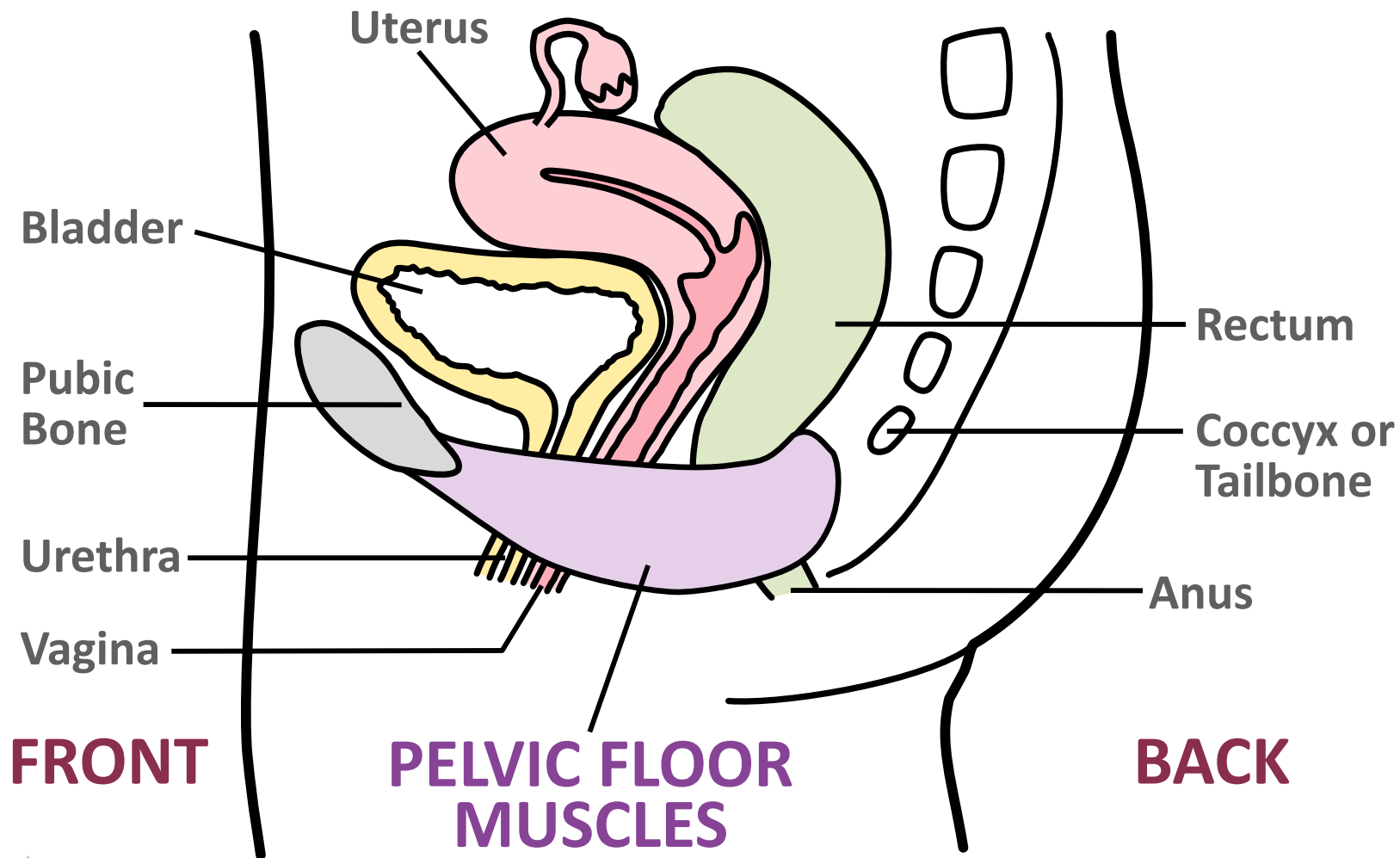
**THE MALE GENITOURINARY SYSTEM**  
(x-section)

# The Sphincters Keep Urine in the Bladder



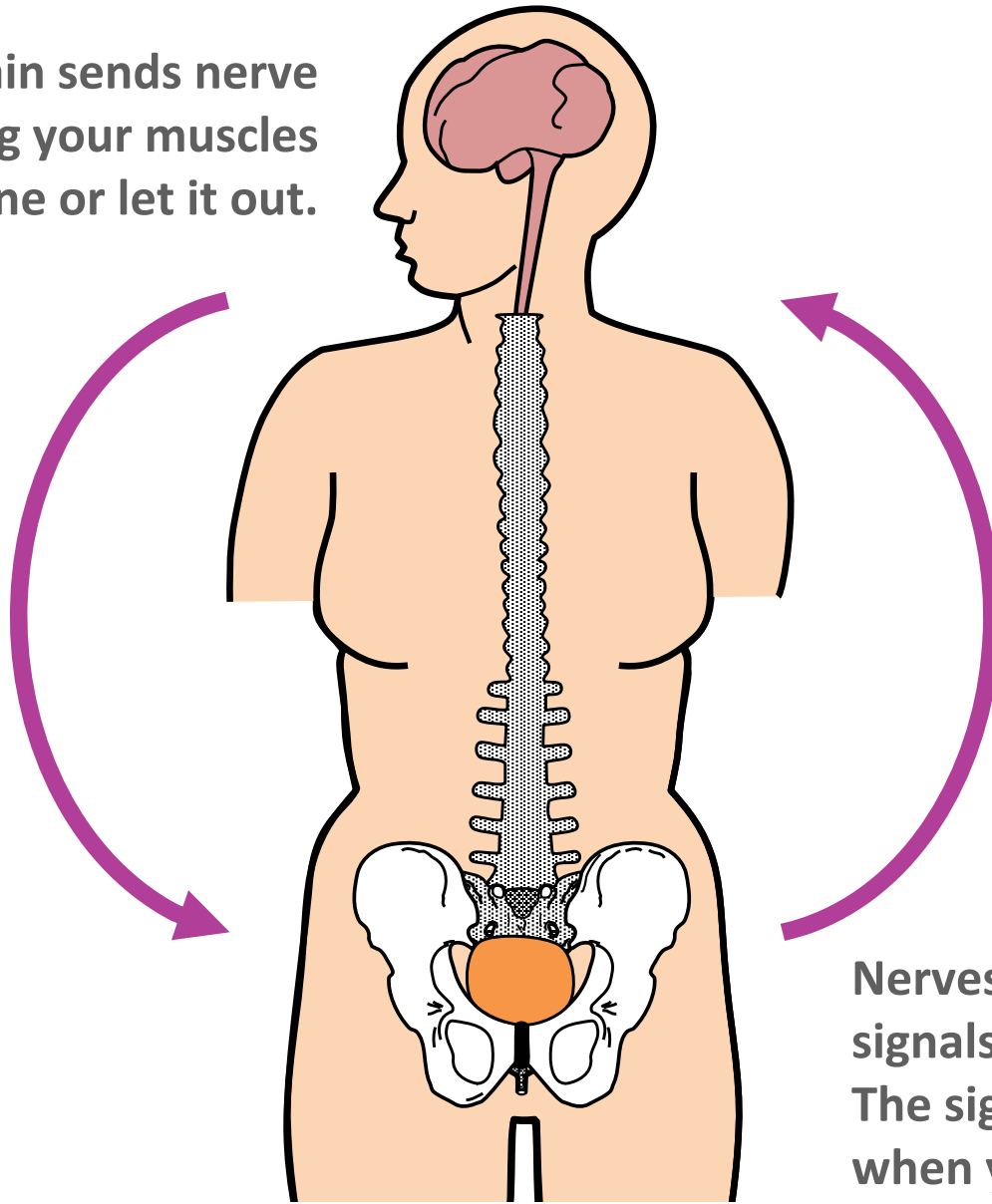


# The Bladder and Pelvic Floor Muscles



# Mind Over Bladder

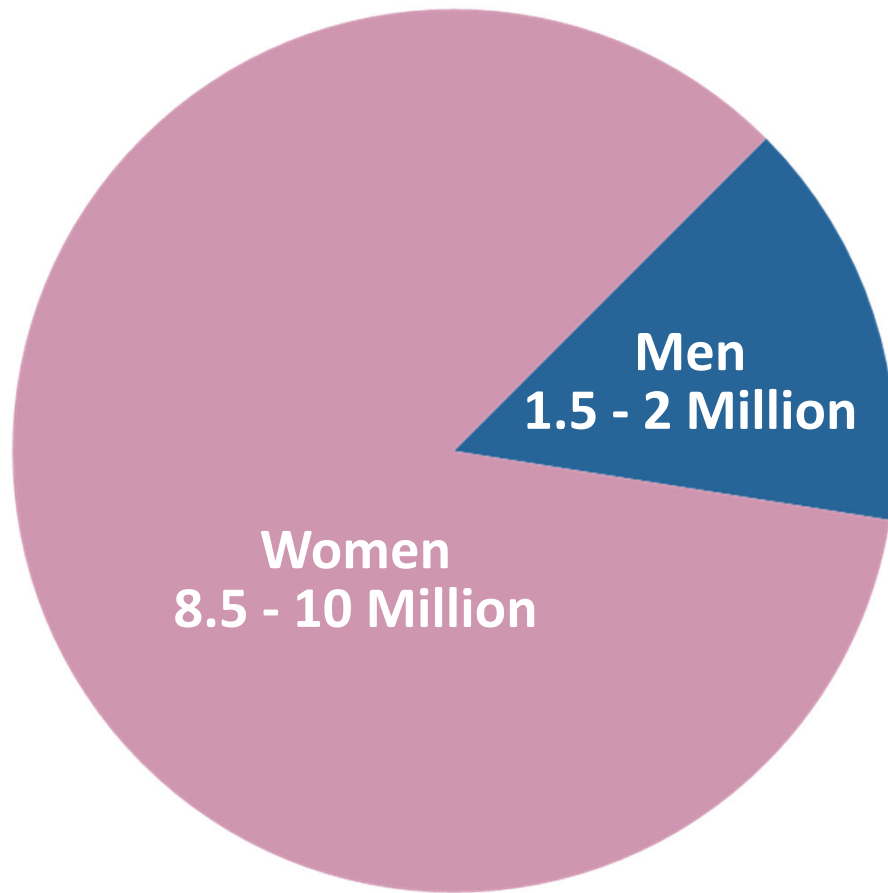
The brain sends nerve signals telling your muscles to hold urine or let it out.



Nerves send signals to the brain. The signals tell you when your bladder is full or empty.



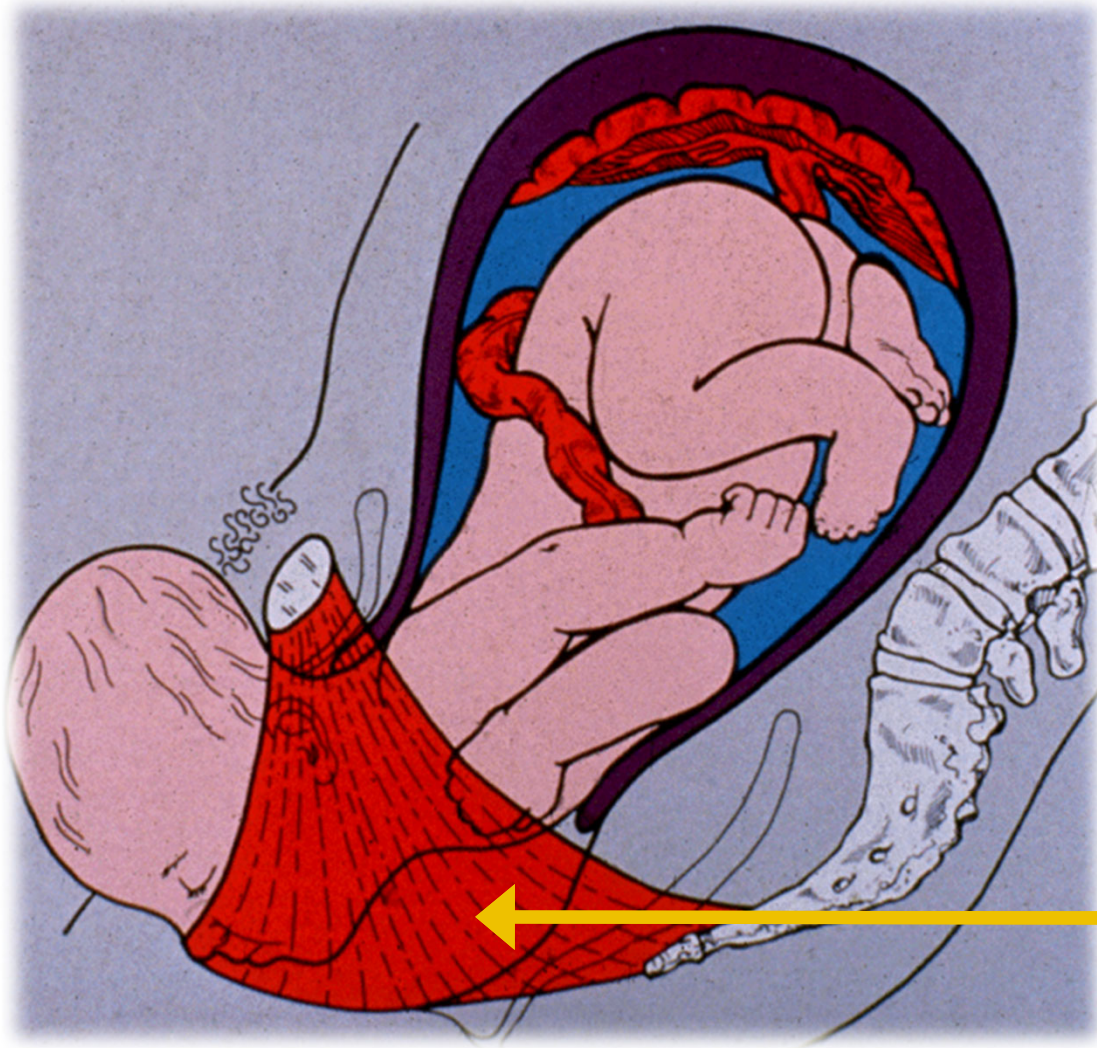
# Urinary Incontinence is Very Common



**1 in 3 Women  
Have Urinary Incontinence  
and Older Women  
are at Increased Risk**



# Childbirth Can Affect the Bladder and Pelvic Floor Muscles



**Pelvic  
Floor  
Muscles**







 Gladiolus



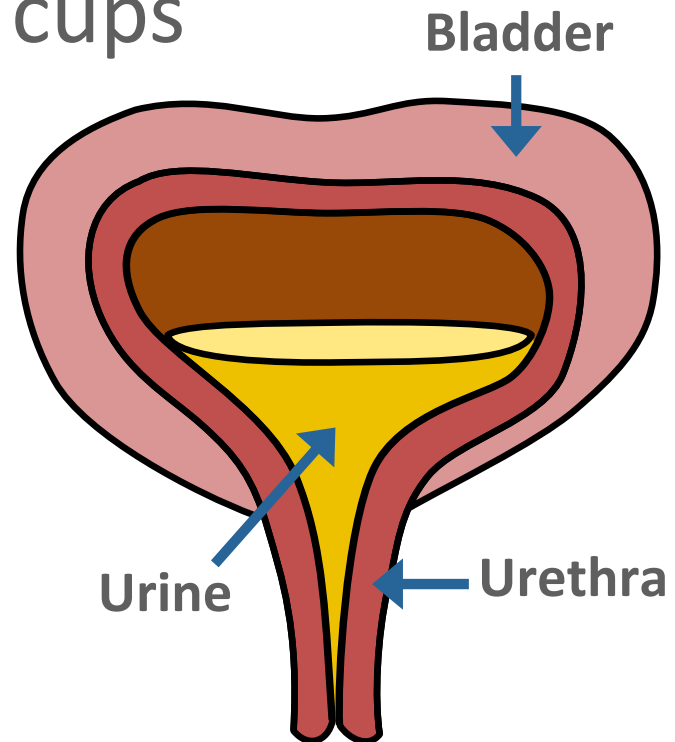
# Other Causes

- ❖ Diabetes
- ❖ Loss of estrogen hormone
- ❖ Overweight
- ❖ Parkinson's, Multiple Sclerosis, stroke
- ❖ Mobility problems
- ❖ Memory loss
- ❖ Medications
- ❖ Unknown



# Healthy Bladder Capacity and Habits

- ❖ First sensation to empty your bladder is when it is half-full - about 1 cup
- ❖ The bladder can comfortably hold up to about 2 measuring cups
- ❖ It is healthy to urinate about every 3 to 4 hours



# Types of Incontinence

- ❖ There are several different types of incontinence which we will discuss.
- ❖ Some people have more than one type – this called mixed incontinence.

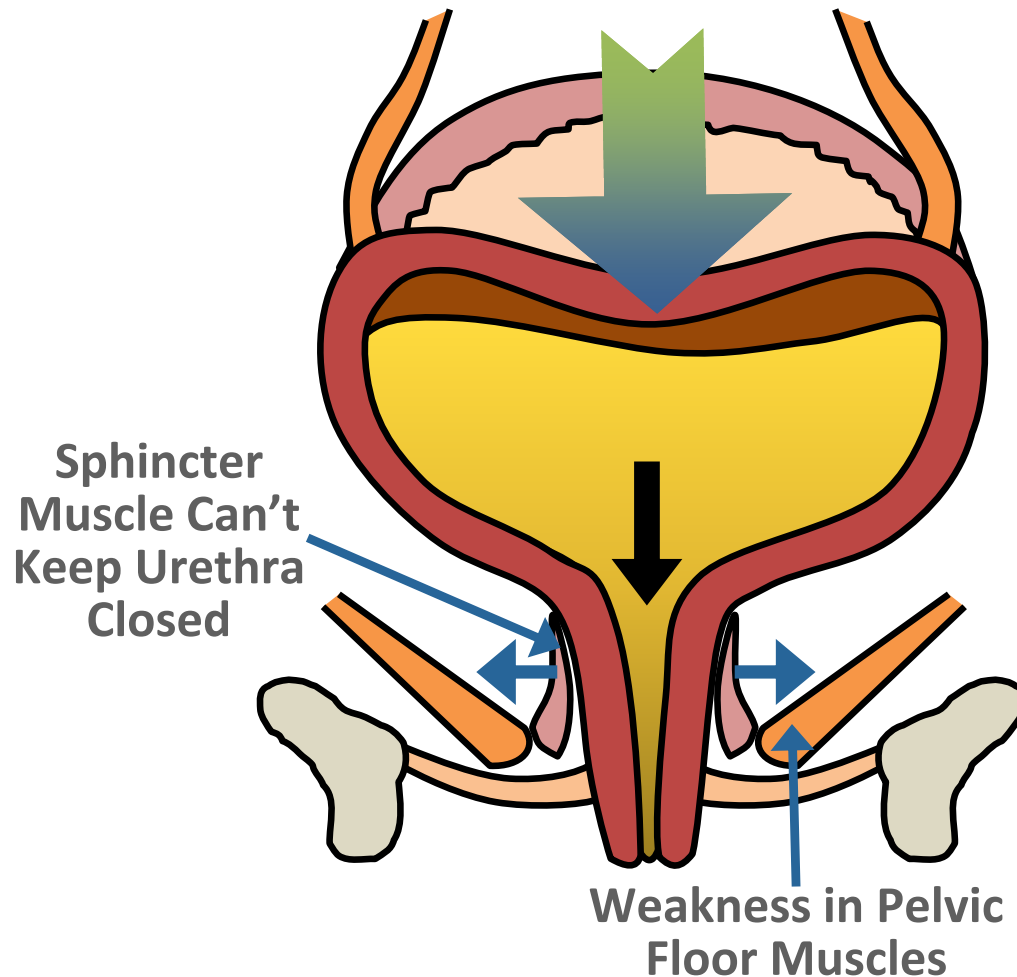


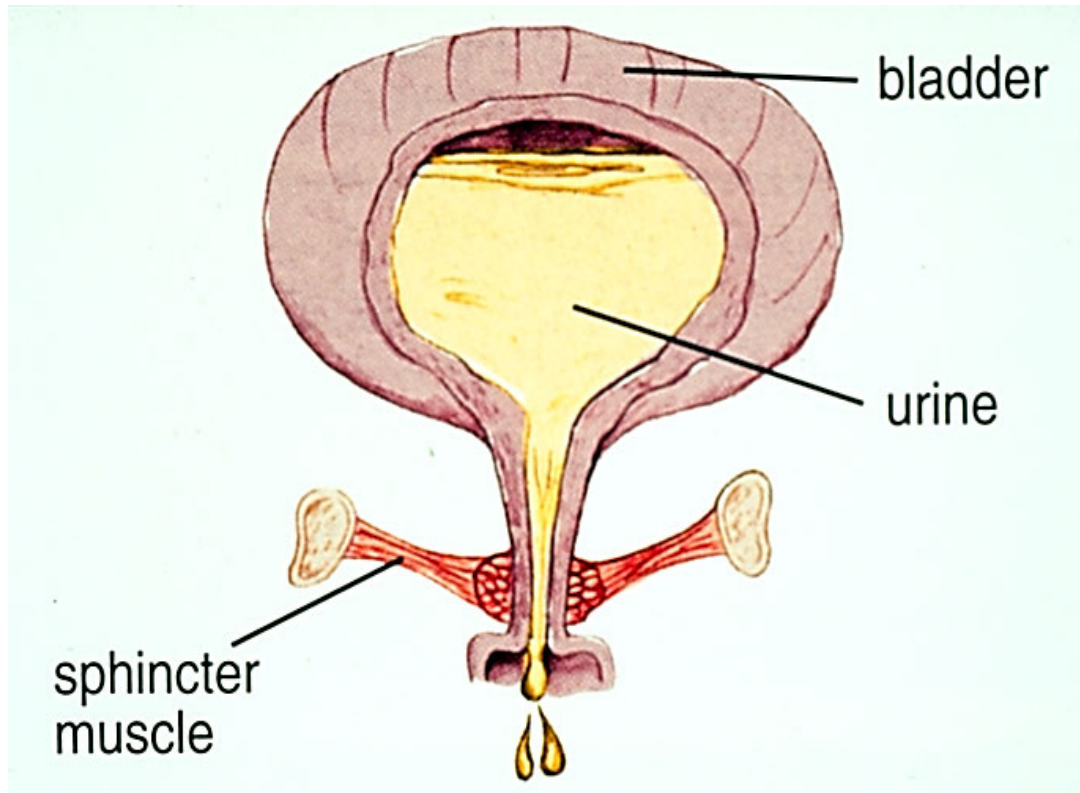


# Stress Incontinence

❖ Stress incontinence  
is losing urine  
usually when  
exercising or  
moving

Increases in Pressure in Your Abdomen  
Can Cause You to Leak Urine



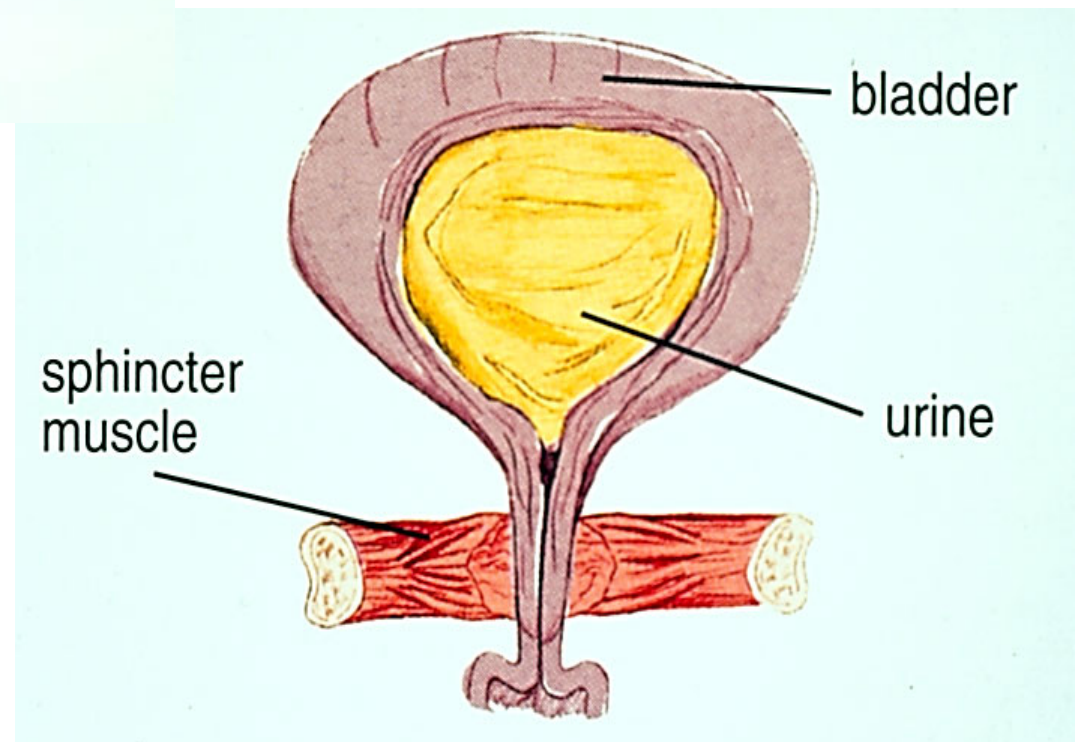


**If the sphincter is  
not closed –  
urine leakage can occur!**

**BUT**

**Exercises can strengthen  
these muscles**

**The sphincter and pelvic  
floor muscles must  
contract and tighten to  
prevent urine leakage**



# Stress Incontinence

❖ **If you have stress incontinence, you may leak urine when you:**

- ◆ Sneeze, cough, or laugh
- ◆ Get up from a chair or get out of bed
- ◆ Walk or do other exercises
- ◆ Lift something heavy

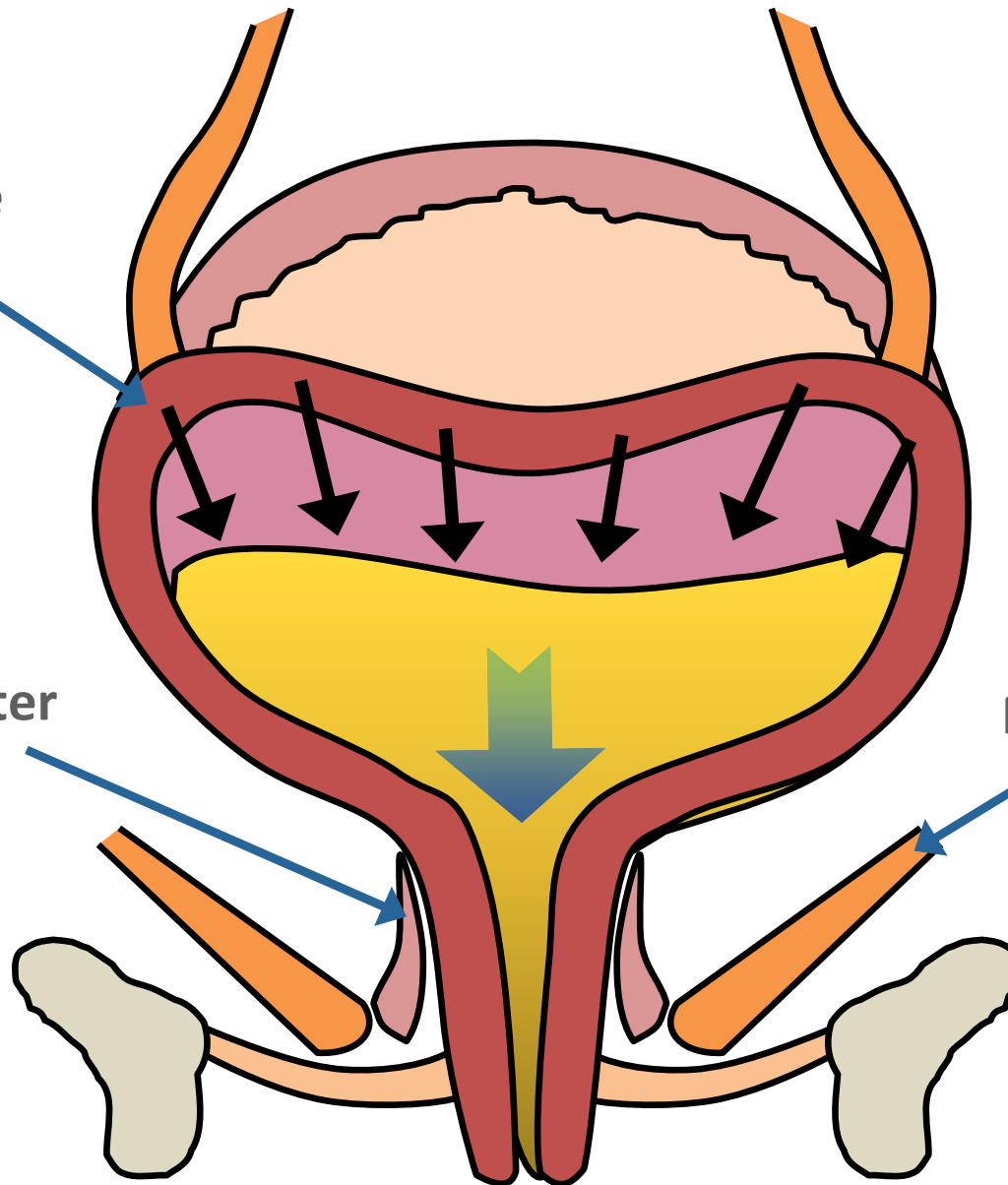


# Urge Incontinence

Bladder Muscle  
Contracts  
Prematurely,  
Before Bladder  
is Full

Sphincter  
Muscle

Pelvic Floor  
Muscles





# Urge Incontinence

- ❖ Urge incontinence is losing urine when you feel a strong need (or urge) to go to the bathroom and don't make it in time.
- ❖ You can also have urgency and frequency sometimes called “overactive bladder”



# Urge Incontinence

## ❖ If you have urge incontinence you may leak urine when you:

- ◆ Can't get to the bathroom quickly enough
- ◆ Drink, even a small amount of liquid
- ◆ Hear or touch running water
- ◆ Are awake or asleep, day or night



# How Incontinence Can Change Your Life

- ❖ Frequent toileting
  - ◆ Can make your bladder less able to store urine
- ❖ Fluid restriction
  - ◆ Causes concentrated urine which can irritate the bladder
- ❖ Frequent clothing changes or bathing
  - ◆ Fear of odor, embarrassment



# How Incontinence Can Change Your Life

**Limit social and physical activities**



**Interfere with intimate relationships**



# Impact of Incontinence on Physical Activity

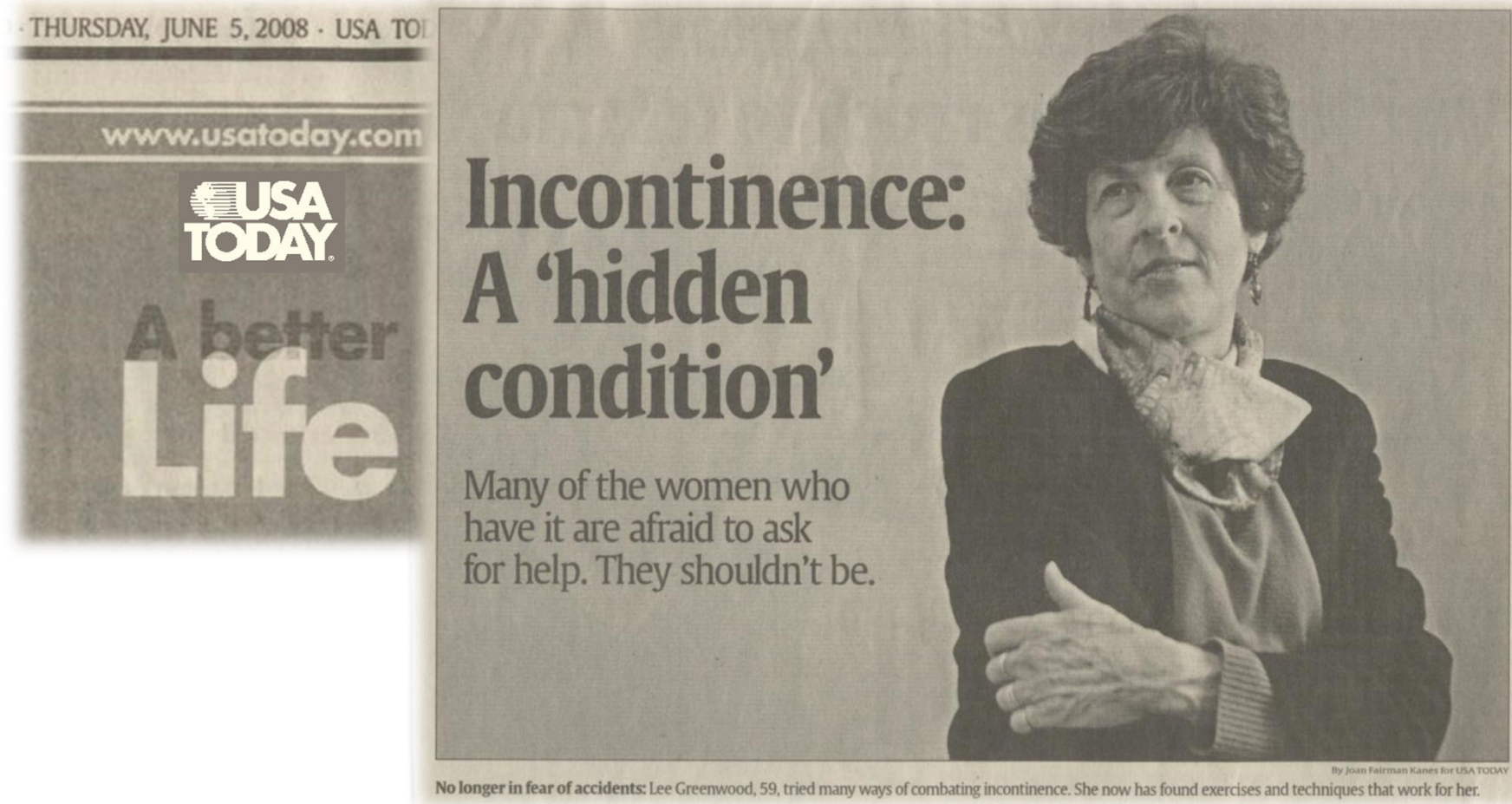
- ❖ 1 in 7 women (age 18-60) experience urinary incontinence with exercise
- ❖ Women with very severe incontinence are nearly 3 times less likely to exercise.







# Impact of Incontinence on Work



This woman had to quit her real estate job because of incontinence. She was able to go back to work when she found exercises and techniques that helped her control the problem.



# Incontinence is Managed in 4 Ways

- ❖ “Just live with it”
- ❖ Medications
- ❖ Surgery
- ❖ Behavioral or Self Care Practices
  - ◆ You manage and are in charge of your bladder

**Remember  
Mind Over Bladder**





# International Guidelines

**Behavioral treatments are recommended as FIRST-LINE treatment for women as they are effective for significantly reducing, if not curing, urinary incontinence.**

**1992**

- ❖ Clinical Practice Guideline
- ❖ Urinary Incontinence in Adults
- ❖ Agency for Health Care Policy & Research

**2012**

- ❖ American Urological Association
- ❖ Society of Urodynamics & Female Pelvic Medicine & Urogenital Reconstruction

**2013**

- ❖ 5th International Consultation on Incontinence

