

TOP 10

Bladder Control FAQs

How common are little bladder leaks?

Approximately 1 in 4 women over the age of 40 experience some degree of bladder control loss. This comes to an estimated 16 million women in North America.

Are little bladder leaks a disease?

No, little bladder leaks are not a disease ... check with your doctor if you experience bladder leaks.

Why are little bladder leaks more common among women than men?

A woman's urinary system is much different than a man's in many ways, and much more vulnerable to the type of problems (infections, muscle stretching and damage, complications in child birth, etc.) that can lead to little bladder leaks.

What treatments are available for little bladder leaks?

Medical science continues to discover more options for treatment and management every day. Surgeries are less invasive with fewer side effects and quicker recovery. More medications are available and absorbent products have improved a great deal. Your doctor will be able to recommend the right treatment for you.

I've been hearing a lot about "overactive bladder" — what is this?

Overactive bladder is simply another name for urge incontinence, bladder irritations or unexpected muscle spasms that force urine out of the bladder.

Can my diet affect my bladder control?

Yes, watching what you eat and drink can help. Be sure to drink plenty of fluids — at least 50 ounces (about 6.5 cups) per day. Avoid beverages that can cause excessive urine production such as caffeine and alcohol. Also avoid acidic juices like grapefruit juice and tomato juice that can irritate the bladder. Constipation can also contribute to bladder control problems. Eat foods that are high in fiber to help you stay regular.

Does weight have an effect on bladder control?

Yes. Even a few pounds can make a difference. A 5 to 10 percent weight loss can help improve bladder control by reducing intra-abdominal pressure.

Can pelvic exercises help?

Your doctor may recommend that you practice bladder control exercises such as Kegel (or pelvic muscle) exercises to help strengthen the muscles of the pelvic floor.

If I experience little bladder leaks, should I slow down and be less active?

No, bladder control problems can often be cured and can always be managed. Stay active and live life to the fullest.

