



DO YOU WORRY

Each Time You Laugh or Cough?

If you have a loss of bladder control, you may release a few drops of urine when you least expect it. This problem, called urinary incontinence, affects more than 15 million Americans. If you don't always make it to the bathroom in time, there are some simple ways to ease or fix this problem.



Health
Happens
Here



What causes urinary incontinence?

Muscle and nerve problems can lead to little losses of urine. Women may experience this during or after pregnancy or menopause. In men and women, bladder control problems can happen after some surgeries or when taking some medications. It is also linked to a wide range of conditions, including:

- Diabetes
- Multiple Sclerosis
- Parkinson's Disease
- Stroke

Retrain your body with Kegels

Strengthening the muscles around the bladder can help stop this problem. Try this pelvic floor exercise, called Kegels.

Pull in the muscles in your lower belly, like you would to stop urinating. Hold them in for 3-5 seconds. Release and repeat. Do this 10 times, twice a day. Add 1 second to each hold each week until you are able to hold for 10 seconds.

If you are experiencing this problem, ask your doctor about other treatment options.



Medicaid/OHP | 800-458-9518
Medicare | 866-798-2273
www.familycareinc.org

