



Urinary incontinence

What you can do to help you gain back bladder control and live a worry free life once again!

Urinary incontinence is not a normal part of ageing. You don't have to put up with the embarrassment and frustration any longer! Read on to find out what you can do at home to help combat your incontinence.

Urinary incontinence causes

1. Weak pelvic floor muscles- As you age your pelvic floor muscles become weaker which can make incontinence worse.
2. Constipation- increased pressure from the bowel can lead to extra pressure on the bladder.
3. Nerve damage from childbirth.
4. Surgery- any surgery on your reproductive organs can increase your risk of urinary incontinence.
5. High caffeine intake- causes your bladder to fill quickly, increasing likelihood of incontinence.

At home treatments of urinary incontinence

- Pelvic floor exercises- as you age your pelvic floor becomes weaker. Strengthening these muscles can help with urinary incontinence and leakage.
- Quit smoking- smoking can worsen your overall health, including worsening urinary incontinence.
- Increasing fibre intake through adding more fruit and vegetables and wholegrains to soften stools and make you more regular.



Mistakes that are commonly made

- Accepting urinary incontinence as the new normal and thinking there is nothing that you can do.
- Drinking caffeinated drinks such as tea, coffee and alcohol. These make your bladder fill quickly and can increase the risk of leakage or incontinence.
- Drinking too much fluid.
- Not dealing with constipation or other gastrointestinal issues.

For more support with gut issues, weight control, urinary incontinence or menopause management get in touch with one of our expert dietitians and start your journey to a better version of yourself today!