

WHEN LITTLE LEAKS BECOME BIG PROBLEMS!

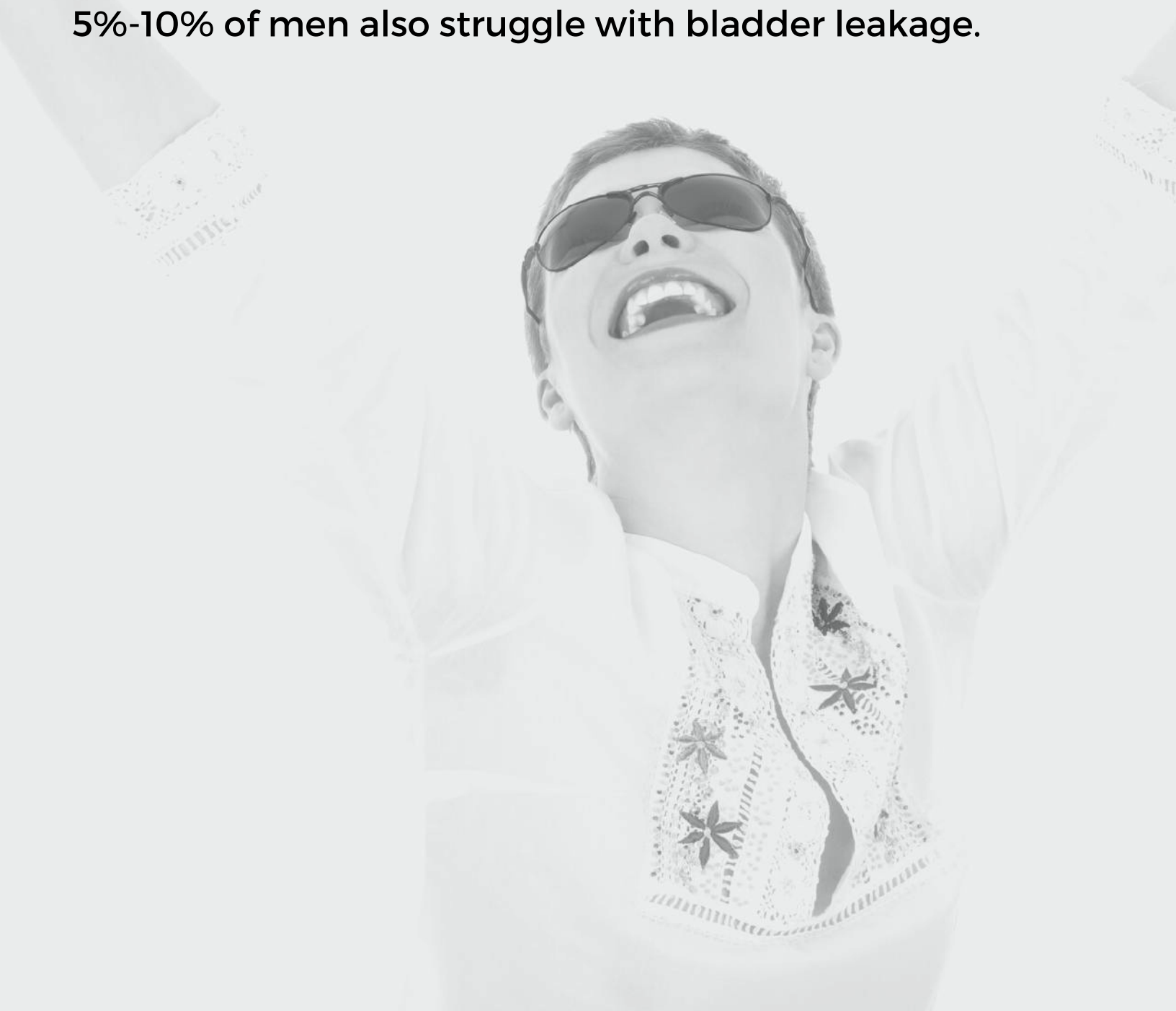
8 WAYS TO REDUCE URINARY
INCONTINENCE.



KINATEX
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This ebook was designed to help you regain control of your bladder without surgery or medication! Did you know that 1 in 3 women will experience bladder leakage at some point in their lives? As women we are told this is normal and to accept it. And let's not forget about men. Remarkably enough, while not as openly discussed, approximately 5%-10% of men also struggle with bladder leakage.





“ We are here to tell you that while bladder leakage is **COMMON**, it is by no means **NORMAL**. ”



WHAT CAUSES LEAKS?

According to Marie-Josée Lord, Pelvic Health Physiotherapist, teacher, lecturer and owner of Centre de Santé Pelvienne, pee leaks are more common than you think and they can happen for a few different reasons:

- 1. Urge Incontinence** – when you have a sudden or strong need to urinate. This can mean night-time leaks or day-time leaks on your way to the toilet. Some people have little to no warning before the need to pee, while others spontaneously leak at the very suggestion of going pee.
- 2. Stress Incontinence** – the most common type of incontinence caused typically by weak or injured pelvic floor muscles which are designed to hold up the bladder. Sufferers usually experience an involuntary loss of urine while exerting effort while coughing, sneezing or lifting. It's also not uncommon, but certainly not normal, for new mothers to experience stress incontinence after having babies.
- 3. Mixed Incontinence** (both urge and stress) - People who have mixed incontinence typically experience the symptoms of both stress and urge incontinence. For example, they may leak while laughing, coughing or exercising. They may also feel a sudden urge to go, and then leak. This is typically characteristic of urge incontinence.



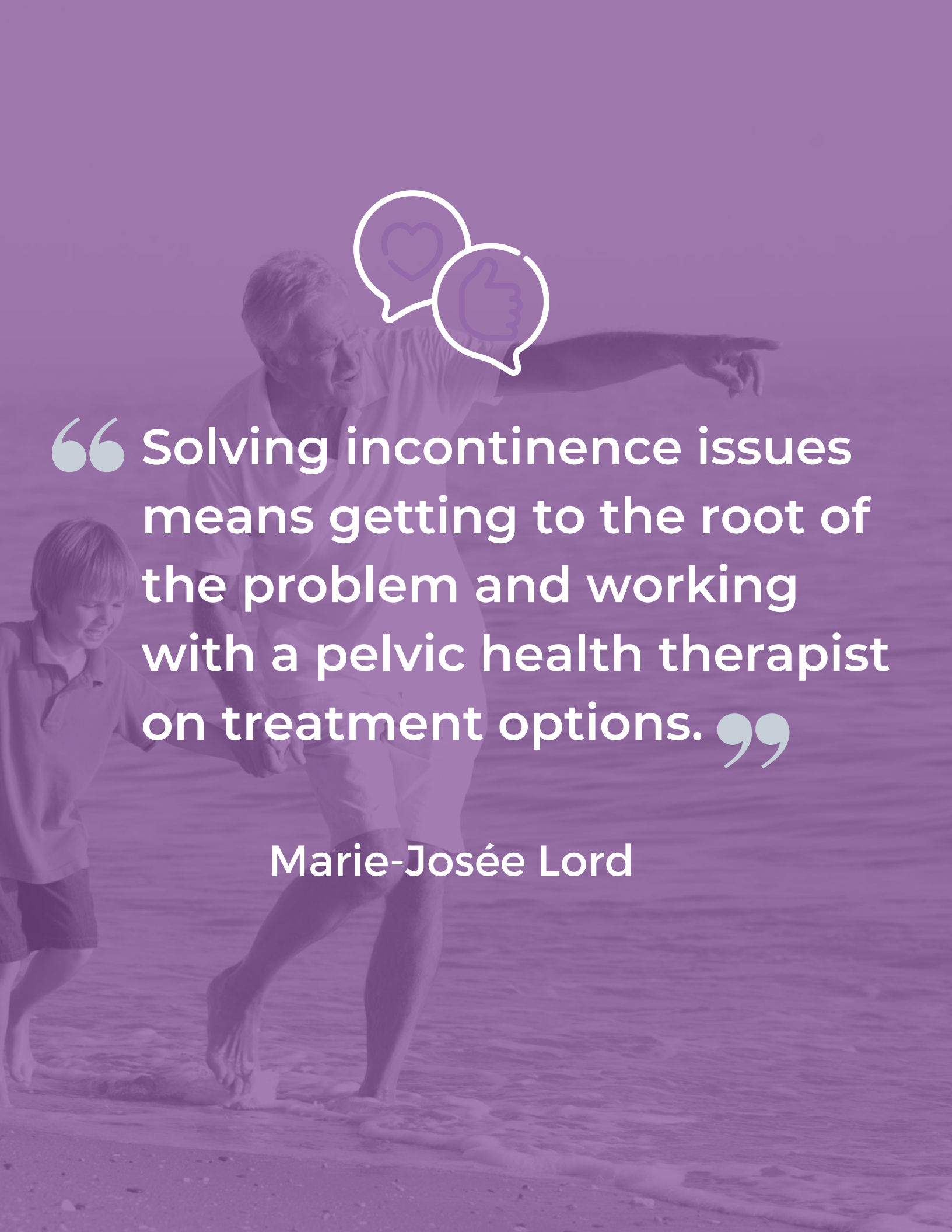
SOME COMMON CAUSES OF URINARY INCONTINENCE:

- o Pregnancy and childbirth
- o Menopause
- o Obesity
- o Constipation
- o Anxiety
- o Pelvic trauma
- o Surgery or radiation to the vagina (women), rectum, or prostate (men)
- o Dysfunction of the pelvic floor
- o Bladder or urinary tract infection
- o Poor bladder habits
- o Neurological conditions (such as multiple sclerosis)



MANAGING BLADDER MISHAPS – absorbent underwear, pads and drugstore liners...

These are not long-term solutions. They are management options that will help you go about your day and feel more confident, but they are temporary fixes.



“ Solving incontinence issues means getting to the root of the problem and working with a pelvic health therapist on treatment options. ”

Marie-Josée Lord



HOW TO REDUCE URINARY LEAKAGE:

1. STAY HYDRATED: Drink about 4-6 glasses of water per day or enough so that your urine is a pale-yellow color. Drinking less water doesn't solve UI and may actually irritate the bladder more (because the urine is more concentrated) and make symptoms worse. It is best to drink small amounts throughout the day. If you are waking up frequently at night to urinate, it's best to limit fluid intake a few hours before bed.

2. AVOID CAFFEINE, ALCHOLHOL AND SPICY FOODS: If you have urgency and UUI, it is best to limit consumption of caffeine, alcohol, and spicy foods, as these are bladder irritants and may make your symptoms worse.



HOW TO REDUCE URINARY LEAKAGE:

3. AVOID CONSTIPATION AND STRAINING:

Build-up of stool in the rectum puts excess pressure on the bladder, which can be a cause of urgency and UI. Make sure you are eating enough fibre, drinking enough water, and exercising regularly, and that you are having a bowel movement at least every 3 days (the normal frequency is 1x every 3 days up to 3x/day). Talk to a healthcare professional if you are struggling with constipation.

4. AVOID PEEING 'JUST IN CASE': Only go to the bathroom when you feel an urge to pee. Making more trips to the bathroom than necessary decreases your bladder's capacity to hold more urine and makes urgency worse over time.



HOW TO REDUCE URINARY LEAKAGE:

5. DO NOT STOP THE FLOW WHEN PEEING: This interrupts the work of the bladder that is trying to empty. Over time, this may lead to having difficulty emptying the bladder and can make urgency symptoms worse.

6. SQUEEZE BEFORE YOU SNEEZE: Squeeze the pelvic floor before you cough, sneeze, or perform any efforts that might cause you to leak. The contraction of the pelvic floor creates resistance around the urethra, which prevents urine from coming out. It is recommended to consult a pelvic floor physiotherapist to ensure that you can properly identify your pelvic floor muscles.



HOW TO REDUCE URINARY LEAKAGE:

7. AVOID EXERCISES THAT AGGRAVATE YOUR SYMPTOMS: If you leak when you run, jump, or lift (among other things), it is best not continue those activities, as symptoms will likely worsen over time. It is best to modify the type or the intensity of the activity until you can control your symptoms. An assessment by a pelvic floor physiotherapist can help you get back to doing the activities that you love.

8. GET PELVIC HEALTH PHYSIOTHERAPY: The best way to end bladder leakage is to seek treatment from a Pelvic Health Physiotherapist who will work with you on the root cause of your problem and prescribe a range of therapies. A Pelvic Health PT will design a treatment plan for you, answer your questions and address your concerns. Treatments are private, one-on-one and designed to get you back to living your life as normally as possible.

WHAT CAN I EXPECT DURING MY FIRST VISIT WITH A PELVIC HEALTH PHYSIOTHERAPIST?

The first visit is an evaluation with a Physiotherapist specially trained in Pelvic Health, where you will have the opportunity to express your questions, concerns, and treatment goals. The physiotherapist will go over your medical history and do a physical examination. A treatment plan will then be established.

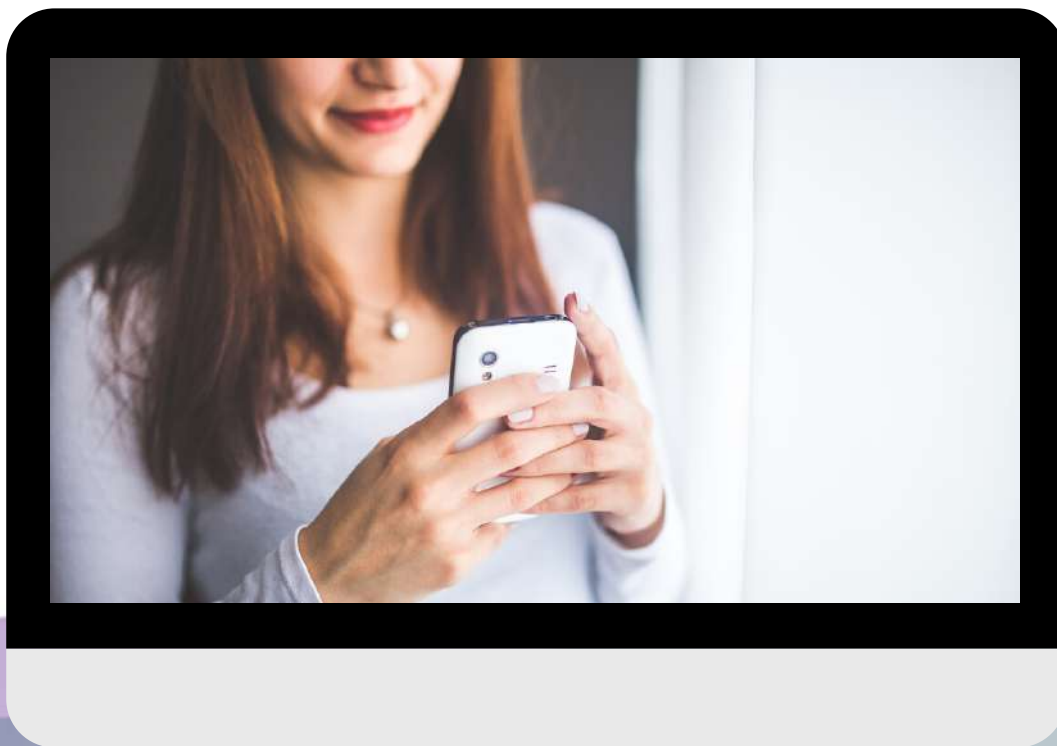
Pelvic Health Physiotherapists offer treatments that include manual therapy, biofeedback, modalities (like electrical stimulation), exercise, and lifestyle advice. Have more questions? Consult our [FAQ PAGE](#).

READY TO GET SOME RELIEF?

Bladder leakage can have a broad-reaching effect on a person's emotional, mental, and social life—especially if you feel embarrassed to talk about your symptoms. Are you finding yourself confused about how to handle your leakage problem? A Pelvic Health Physiotherapist can help you END Bladder Leakage without medications or surgery by evaluating your condition and designing a treatment plan specifically for you! [BOOK AN APPOINTMENT NOW.](#)



STILL HAVE QUESTIONS? BOOK A [FREE 20 MIN CALL](#) WITH A MEMBER OF OUR PELVIC HEALTH TEAM.



Centre de Santé Pelvienne is an interdisciplinary clinic that brings together under one roof a multitude of services and expertise on the cutting edge of novelties in the field of pelvic health.

The first of its kind on the island of Montreal, CSP treats pelvic floor dysfunction in women, men, children and the transgender population. We treat problems affecting the pelvic area, including urinary problems, sexual pain, pelvic pain, problems associated with pregnancy, postpartum or menopause, as well as incontinence post-prostatectomy.

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