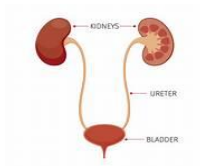


BLADDER CARE IN WOMEN TO BATTLE BLADDER BLUES



What is meant by urinary bladder?

The urinary bladder is a hollow, spherical-shaped organ that holds urine with a capacity of 500-700 ml (about two cups). With socially suitable place & time muscles in bladder contract (tighten) and sphincter muscles in [urethra](#) relax, allowing urine to flow out of body.

Common bladder problems and when to seek help ?

- Burning sensation or pain while urinating(dysuria)
- Loss of bladder control(urinary incontinence-stress, urge & mixed types)
- Urge to urinate frequently at night/bed wetting(Nocturia/ Enuresis)
- Cloudy urine.
- Bloody urine.(Haematuria)
- Urinating more than is normal
- Feeling like incompletely emptying of bladder
- Strong- or foul-smelling urine.
- Pain during sex (dyspareunia).

What is bladder health?

1. **Use of washroom often and when needed**-at least once every 3 to 4 hours as holding urine in bladder for too long can weaken bladder muscles and make a bladder infection more likely.
2. **Assuming relaxed position while urinating**- makes it easier to empty the bladder by sitting on the toilet seat instead of hovering
3. **Taking enough time to fully empty the bladder while urinating as**- rushing may not fully empty the bladder and make bladder infection more likely.
4. **Wiping from front to back after using the toilet** keeps gut bacteria from getting into the urethra ,most-importantly after a bowel movement.
5. **Urination after sex**-can lower the risk of infection from bowel & gut to urethral opening
6. **Pelvic floor muscle exercises**- also known as [Kegel exercises](#), help-to hold urine in the bladder, prevent urine from leaking during sneeze, cough, lift, laugh and avoid infections by



strengthening the muscles to empty the bladder. This is important in pregnancy, post-partum phase & menopause

7. **Wearing cotton underwear and loose-fitting clothes**-keep the area around the urethra as tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.
8. **Regular Exercise**-can help prevent bladder problems as well as constipation by maintaining a healthy weight.
9. **Healthy weight** -by making [healthy food choices](#)
10. **Wise diet**-avoidance of sodas, artificial sweeteners, spicy foods, citrus fruits and juices, and



tomato-based food can improve bladder symptoms

11. **Drinking enough fluids, especially water** -based on built, activity level & environment, to urinate every few hours except for those with kidney failure or [heart disease](#).



12. **Limiting alcohol and caffeine** -can be be beneficial .
13. **Avoiding constipation**- with plenty of [high-fiber foods](#) like whole grains, vegetables, and fruits), drinking enough water, and being physically active
14. **Quitting smoking**-may decrease the risk of bladder cancer.
15. **Knowledge about medications**- for co-morbidities may be beneficial

Why bladder health is important?

Bladder problems can disrupt day-to-day life at home or at work.

Common bladder problems include [urinary tract infections](#),
[urinary incontinence](#), and
[urinary retention](#),
[bladder stones &](#)
[bladder cancer](#)

What are some common tests to check the health of the bladder

- CBC, HBAIC, TSH
- Urinalysis & Culture
- Urodynamic study
- Imaging Tests- USG,CT, MRI
- Cystoscopy
- Cytology
- Biopsy

How to fix the problem?

Bladder treatments depend on symptoms & official diagnosis with medications,diet ,physical therapy, lifestyle modification, retraining of bladder & surgery

Words of Caution- Targeted antibiotic therapy of 5-7 days should await culture sensitivity test
Medications for overactive bladder should always consider co-morbidities
MHT(Menopausal Hormone Therapy)- should be considered only under clinical supervision)

