

Skeltons Chemists

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Opening Times

Monday to Friday - 8.30am - 5.30pm

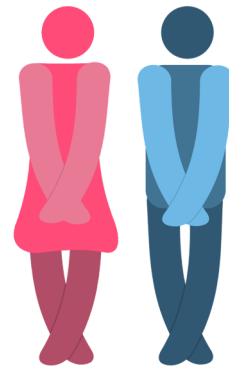
Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for December 2022

1. How many people suffer from incontinence in the UK?
2. What types of urinary incontinence are there?
3. What is stress incontinence?
4. What causes stress incontinence?
5. What is urge incontinence?
6. What causes urge incontinence?
7. What is overflow incontinence?
8. What is total incontinence?
9. How is incontinence treated?
10. Name 10 ways to stop leaks?

Don't get caught short...



...We can give you discreet help
and advice

Answers on the bottom of page two

Urinary incontinence is the unintentional passing of urine. It's a common problem that affects over 7 million people in the UK, though it is thought this is an underestimation as many sufferers do not report it to anyone. There are several types of urinary incontinence including:

- ◆ Stress incontinence - when urine leaks out at times when your bladder is under pressure for example when you cough or laugh
- ◆ Urge incontinence - when urine leaks as you feel a sudden intense urge to pee, or soon afterwards
- ◆ Overflow incontinence - when you are unable to fully empty your bladder, which causes frequent leaking
- ◆ Total incontinence - when your bladder cannot store any urine at all which causes you to pass urine constantly or have frequent leaking

It is possible to have a mixture of both stress

and urge urinary incontinence.

What are the causes of urinary incontinence

Stress incontinence is usually the result of the weakening of or damage to the muscles used to prevent urination such as the pelvic floor muscles and the urethral sphincter. Urge incontinence is usually the result of overactivity of the detrusor muscles which control the bladder. Overflow incontinence is often due to an obstruction or blockage in your bladder which prevents it from emptying fully. Total incontinence may be caused by a problem with the bladder from birth, a spinal injury or a small tunnel like hole that can form between the bladder and a nearby area (fistula).

Certain things can increase the chances of urinary incontinence, including:

- Pregnancy and vaginal birth
- Obesity

- A family history of incontinence
- Increasing age - although incontinence is not an inevitable part of aging
- Some medicines like angiotensin converting enzyme (ACE) inhibitors, diuretics, some antidepressants, HRT and sedatives.

What is the treatment for incontinence

Initially Your GP may ask some questions about your symptoms and suggest some simple measures to see if they help improve your symptoms which may include:

- * Keeping a bladder diary of how much and what type of fluid you drink, how often and the amount of urine you need to pass, how many episodes of incontinence you have and how many times you experience an urgent need to go to the toilet
- * Lifestyle changes such as losing weight and cutting down on caffeine and alcohol
- * Pelvic floor exercises where you strengthen your pelvic floor muscles by squeezing them.
- * Bladder training where you learn ways to wait longer between needing to urinate and passing urine.

You may also benefit from the use of incontinence products such as absorbent pads (a selection of which we stock) and hand-held urinials. Medicine may be recommended if you're still unable to manage your symptoms. There are also surgical treatments for urinary incontinence. The procedures that are suitable for you will depend on the type of incontinence you have:

- ▶ For stress incontinence a sling procedure is used to reduce pressure on the bladder or strengthen the muscles that control urination
- ▶ Treating urge incontinence includes enlarging the bladder or implanting a device that stimulates the nerve that controls the detrusor muscles

10 ways to stop leaks

- 1) Do daily pelvic floor exercises - refer to "what are pelvic floor exercises" on the NHS website
- 2) Stop smoking because coughing puts leakage strain on your pelvic floor muscles
- 3) Do the right exercises - high impact exercise and sit-ups put pressure on your pelvic floor muscles and can increase so swap jogging and aerobics for pilates
- 4) Avoid lifting - lifting puts strain on your pelvic floor muscles so avoid it whenever you can
- 5) Lose excess weight - being overweight can weaken your pelvic floor muscles and can cause incontinence because of the pressure of fatty tissue on your bladder - talk to us as we may be able to refer you to the NHS digital weight management plan
- 6) Treat constipation promptly - straining to poo weakens your pelvic floor muscles and makes urinary incontinence worse
- 7) Cut down on caffeine - caffeine irritates the bladder and can make incontinence worse
- 8) Cut down on alcohol - alcohol is a diuretic which makes you urinate more often.
- 9) Drink plenty of water - drink 6 -8 glasses of fluid a day (but no more) unless your doctor advises you otherwise. Not drinking enough can reduce you bladder's capacity
- 10) Eat the right food - avoid spicy and acidic food, such as curries and citrus fruits, as they can irritate the bladder and make leaks and other incontinence symptoms worse



For more advice about incontinence or any other health condition, talk to one of our trained team members.

Answers: Q1, Approx 7 million. Q2, Stress, urge, overflow and total. Q3, This is when urine leaks out at times when your bladder is under pressure e.g. when you cough or laugh. Q4, Damage during childbirth, increased pressure on your tummy, damage to your bladder, neurological conditions, certain connective tissue disorders. Q5, When urine leaks as you feel a sudden, intense urge to pee or soon afterwards. Q6, Problems with the detrusor muscles in the walls of your bladder. Q7, It is often caused by a blockage affecting your bladder through enlarged prostate, bladder stones, constipation. Q8, When your bladder cannot store any urine at all, which causes you to pass urine constantly or have frequent leaking. Q9, Your GP may suggest lifestyle changes, pelvic floor exercises, bladder training. Q10, Daily pelvic floor exercises, stop smoking, do the right exercises, avoid lifting, lose excess weight, treat constipation promptly, cut down on caffeine, cut down on alcohol, drink plenty of water, eat the right foods.