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# Urinary Incontinence- A Leaky Bladder?

Involuntary urination where the patient cannot control. It is commonly seen in old-aged people and post-menopausal women. Due to aging, bladder muscles weaken, which can lead to a leaky bladder. Many women fail to report urinary incontinence due to social stigma.<sup>1,2</sup>

### Urinary incontinence in India



**38 - 55%**  
Women



**50 - 80%**  
Elderly

## Are you facing problems with a Leaky Bladder?

Here are some simple solutions to avoid leaky bladder. Let's discuss some Do's and Don'ts in managing Urinary Incontinence:

## Do's<sup>1,2,3</sup>

Give a chance to Pelvic floor exercises as directed by your doctor.



Take your medicines as prescribed by your physician.



Eat more legumes, vegetables and non-citrus fruits.



Sleep on time for a stress-free lifestyle.



Maintain hygiene levels.



## Don'ts<sup>1,2,3</sup>

Avoid drinking liquids after 8 pm if you wake up more than twice a night to urinate.



Don't drink liquids containing caffeine, black tea and aerated drinks.



Avoid alcohol, as it's a diuretic urging the bladder to urinate.



Avoid citrus fruits, watermelon as they have more water content.



Avoid cigarettes as it irritates the bladder.



**We hope these simple preventive measures help you overcoming leaky bladder issues.**

**Till then, stay tuned for more updates!!!**

### References:

1. <https://carle.org/conditions/gynecology-conditions/urinary-incontinence>.
2. <https://emedicine.medscape.com/article/452289-overview#a1>.
3. <https://www.everydayhealth.com/incontinence/managing-overactive-bladder-through-diet.aspx>.