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Incontinence is another of these complaints that unfortunately seems to be an appropriate topic for a certain type of comedian, but anyone who suffers to know it is far from a laughing stock. It is usually more common in the two extremes of the age spectrum. Family or school stress contributes to the wetting of children in bed. As the body weakens a fair number of older adults it can encounter continence issues. This does not mean that people of other ages may become temporarily incontinent due to certain health problems, or most often during pregnancy. Aside from the discomfort and discomfort disorder is one of the biggest issues associated with incontinence. Even though it can be emotionally difficult, it is still important to take this problem to the doctor's attention. They can find out if incontinence is coming because of stress, or maybe this patient has some kind of defect in the bladder or spinal injury. Alternatively, they can offer reassurance that the issue is only related to the aging process, or perhaps the patient is obese, or another problem that must first be solved. Urinary incontinence is not exactly a disease, but it is more closely related to the symptom. Many times, things that people do every day can actually cause urinary incontinence, or it can also be something that is a direct result of another health problem. Of course, if taking into account some symptoms can help to avoid urinary incontinence, then let's pay close attention to this list of possible causes. However, before you try to figure out or judge what might cause this problem for you, be sure to consult with a doctor who can easily pin down exactly where the symptoms come from. Urinary tract infections can cause urinary incontinence, as there is a constant urge to urinate, which is associated with this condition. The symptoms associated with urinary tract infection are usually caused by an infection of the bladder and abnormal pressure, placing unnatural demands. The first typical symptom of the UTI is usually the spell of very frequent urination. If you have a urinary tract infection, you may also experience a burning sensation when urinating, as well as urine, which has a strong or slightly strange smell. These infections can be easily treated by a doctor.

2. Constipation Constipation is another condition that can cause urinary incontinence. A small lesson in the human body, the rectum is located very close to the bladder. Therefore, if a person has constipation and can not release hard feces, this puts unnecessary pressure on the bladder, which causes frequent urination. Constipation can sometimes be treated with over-the-counter medications, which can be found in your local pharmacy. However, if the problem persists, it is certainly a good idea that the doctor As soon as possible, as this severe constipation can lead to a long list of other health problems. Pregnancy can definitely cause urinary incontinence. If you've ever heard a pregnant woman say that she crossed her legs when she sneezes, it's really not a joke issue. During pregnancy, the weight of the uterus can squeeze the bladder, causing frequent urination, as well as the need for false alarms so famous among pregnant women. Urinary incontinence can also be caused by stress during pregnancy, as well as rapidly changing hormone levels. While urinary incontinence is somewhat normal during pregnancy, be sure to mention it on your next office visit if you are becoming more of a problem.

4. Giving birth vaginally can cause urinary incontinence to occur. This type of delivery can slightly weaken the muscles, which are key components of bladder control. Vaginal delivery can also damage the nerves in the bladder and surrounding areas. This can sometimes lead to a so-called prolapse when the small intestine, rectum, bladder or uterus is pushed deeper into the body and into the vagina, which leads to urinary incontinence. Although these conditions can often occur after childbirth, be sure to treat them before urinary incontinence becomes severe. Having a hysterectomy causes many symptoms in the body, and one of these is urinary incontinence. For women, any surgery that is performed on the reproductive system can damage the pelvic muscles. Since the bladder and uterus share many of these muscles support and proper functions, urinary incontinence is usually added to the recovery process for hysterectomy. These symptoms usually decrease after a woman is fully recovered, but in any case it is different, and sometimes urinary incontinence can take a little longer to reduce the moon.

6. Menopause Menopause is yet another cause of urinary incontinence because, when a woman entered menopause, her body begins to produce less estrogen, in fact one of the most important factors in menopause setting. However, one of the most important tasks of estrogen is to keep the bladder and urethra in healthy conditions. When these tissues begin to break and deteriorate over time, it can cause urinary incontinence. Women should always see a doctor if they suspect that they have symptoms of menopause, as there are a myriad of medications that can help control symptoms. Prostate cancer can set off a symptom of urinary incontinence, whether caused by urination-induced stress, or by related cancer or other conditions, or by urination that occurs due to constant urge. In fact, urinary incontinence is one of the main and most obvious symptoms of prostate cancer. However, if the patient is for prostate cancer, some treatments and medications may also promote urinary incontinence. This symptom may also appear in enlarged prostate glands in men. Therefore, it is essential that men, especially those over the age of 40, perform regular prostate examinations.

8. Obstructions Any obstruction near or around the bladder can cause urinary incontinence, and in this situation several types can be used. If an individual has a tumor anywhere along the urinary tract that somehow blocks any flow of urine, it can cause bladder overflow, leading to urinary incontinence. Hard stones, which are often found in the bladder, often referred to as urinary stones, can also cause incontinence. Both conditions can be very serious, especially if left untreated, so be sure to see a doctor as soon as possible if you are having one or more symptoms with these obstacles. Neurological disorders can also be a platform for urinary continence. The bladder works from nerve signals, and if these signals do not reach their signal or are no longer fully sent, urinary incontinence may occur. Some neurological disorders that have this symptom are Parkinson's disease, multiple sclerosis, tumors, spinal or brain injuries, strokes and even some psychologically-induced disorders. If you have one of these conditions, chances are that your doctor has already talked to you about the chances of developing urinary incontinence. However, be sure to mention it again if the symptoms become more severe.

10. Drinks or foods Sometimes consuming certain beverages or foods kick off urinary incontinence. However, you're in luck because this incontinence is usually temporary and should decrease over time. These foods, drinks and even medications can cause your bladder to become too stimulated. These may include alcoholic beverages, including red or white wine, anything containing caffeine, decaffeinated tea and coffee, soda and other carbonated beverages, corn syrup, artificial sweeteners such as Equal, high foods in citrus fruits, acidic foods and overly sweet foods or drinks. Drugs that can trigger urinary incontinence are heart medications, blood pressure pills, muscle relaxers, and sleep agents. Now that you know a little about different types of incontinence as well as what causes them, you're ready to learn domestic remedies that will help you deal with this bladder control problem. Keep a journal. Maintaining an invalidation log, or uro-log, creates a record when urinated and around the circumstances. The log shall include the daytime of urination or leakage; the type and quantity of fluid intake prior to it; voided amount of ounces (pharmacies deliver meters that fit directly into the toilet bowl); the amount (small, medium or large); the activity carried out during the occurrence of the leak; and whether there was an urge to urinate. Keeping such a diary for at least four days, if not a full week, before going to the doctor will help him determine the type of incontinence he has and the course of treatment. If you seek medical advice, make a list or take actual bottles of any prescription or over-the-counter medications because some medications may cause incontinence. Advertising Lose Weight. Carrying extra fat in the abdominal region puts pressure on the bladder and emphasizes the pelvic muscles. Don't smoke. Here's another reason to give up the habit. Nicotine can irritate the bladder, and for heavy smokers, cough can contribute to stress incontinence. Buy yourself insurance. There are many products on the market that absorb accidents and at the same time protect clothing or bed linen from moisture. Specially disposable or reusable shorts, diapers, liners, inserts and liner protectors can give you confidence. For some people, sanitary napkins or trouser linings can be an acceptable alternative that provides sufficient protection. You may also want to ask your doctor about medical devices that prevent leakage, including urethra inserts (small plugs placed in the urethra that can be removed if you need to urinate) and urine seals (tiny disposable foam pads that are placed through the urethra opening). Be confident on the road. External collection devices specially designed for use by females or males can make travel a little more comfortable. These on-the-go urinates, which are also convenient for night use, are available in medical care shops and pharmacies and mail order and websites. Go before you go. Try to empty your bladder before taking a trip for an hour or more to feel the urge to go or not. Then go again. After emptying, stand up and sit down again. Then lean forward, which compresses the abdomen and puts pressure on the bladder to help completely empty the bladder. Wear clothes that are easy to remove. Women's clothing, in particular, can be a problem, especially for those who have an urge. Jumpsuits, unitards, and one-piece swimsuits can slow down when you're in a hurry to go because these one-piece dresses need to be removed from the top down. Skip such suits or look for ones separated by a snapper opening at the groin for quick and easy removal. (You can also probably skip the skintight pants or skirt and the control-top hose to put excess pressure on the lower abdomen next to it that's hard to pull off.) You may also want to prepare extra clothes with you so you can change it if an accident happens. If your clothes become infected with urine, soak them for three hours in a mixture of one gallon of water, and cup of dish soap. Weight for results. Resistive exercise - when it exercises strength against weight - can be used to strengthen the urethra and other muscles of the pelvic region, which are important for regaining continence. Suppositories that are about the same as a tampon and that come in different weights are designed for use in the vagina (women) or rectum (men). When a suppository is inserted, the muscles of the region need to pull together to retain weight and not let it decrease. If carried out properly - and consistently - these exercises will begin to show results within a few months. These weight sets are available to doctors who guide the use of cones or medical care stores. Be sure to read carefully and follow the accompanying instructions for proper use for best results. Let's start at the lightest weight for 15 minutes, twice a day. Once you are successful with that weight, try the next heaviest weight in the same amount of time. Some variants of these cones come with an electronic biofeedback system, called a perineometer, which reports the amount of pressure you're applying to the inserted cone. Practice. You can keep your pelvic floor muscles in shape regularly by doing strength exercises. However, you should also be careful with exercise tricks. Carefully examine the practice gadget, which claims to help reduce incontinence. The company may promote the fact that the gadget will tone the pelvic floor muscles, but the device can actually exercise an independent muscle group if it does anything at all. For example, a practitioner intended for use between thighs does not strengthen the muscles of the pelvic floor. If you are not sure if a certain exerciser will benefit from an incontinence problem, ask your doctor about it before you spend your time or money. Here are some simple exercises recommended by NAFC that should be done on a daily basis for the best results. If you need further instructions, NAFC can help you obtain more information or contact your doctor. In addition, your doctor may recommend exercises becoming more difficult, depending on the specific case. Lie on your back with bent knees and slightly apart with your legs. Connect all the openings on the pelvic floor... in the rectum, urethra, and also in the vagina in women. To help isolate the muscles, first squeeze as if trying to keep the passing gas. Then (women) contract the vagina as if trying not to lose a tampon. Then proceed forward, as if trying to stop urinating. Keep the tension going as you slowly count to three. Then slowly release the tension. Repeat 5-10 times. He should feel an elevator inside you. Be sure to breathe smoothly and comfortably and not strain your stomach, thighs, or buttock muscles; In case, you may be exercising the wrong muscles. Check your belly with your hands to see if the area is calm. Repeat the first exercise while using a low stool to support the lower part of the legs. Lifting the legs helps to further relax the muscles of the pelvic floor for exercise. Repeat the first exercise while kneeling on the floor while your elbow rests on a pillow. In this situation, the gastric muscles completely relax. If you can't get down on your knee, roll up the blanket and place it under your groin while lying on your stomach, then do the exercise. Make a phone call. Call 1-800-BLADDER, NAFC toll free number, for details on how to receive a free package of information about services and products for people with incontinence; you can also order the package from the NAFC [www.nafc.org](http://www.nafc.org). For more information on urinary problems and how to overcome them, try the following links: This information is for informational purposes only. IT'S NOT YOUR GOAL TO GIVE MEDICAL ADVICE. Neither Consumer Guide (R), Publications International, Ltd., the author nor the publisher accepts any liability for any possible consequences arising from any treatment, procedure, exercise, dietary modification, action or use of the drug resulting from the reading or following of the information contained in this information. The publication of this information is not a practice of medicine and this information is not a substitute for the advice of a doctor or other healthcare provider. Before starting treatment, the reader should seek the advice of a doctor or other healthcare provider. Service provider.

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