



# Those Were The Days

By the way, have you  
discussed your incontinence  
with your doctor?

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## URINARY INCONTINENCE

If you have experienced urinary incontinence, talk to your doctor about ways to control or manage the leakage of urine. Don't be shy or embarrassed, that is what your doctor is for.

### Tips for Urinary Incontinence

- ❖ Schedule your bathroom visits instead of waiting for the urge
- ❖ Avoid caffeine, alcohol, and spicy food
- ❖ Avoid liquids in the evening
- ❖ If diabetic, keep your sugar under control
- ❖ Try Kegel (pelvic muscle) exercises
- ❖ Talk to your doctor about your medications
- ❖ Avoid constipation
- ❖ Drink plain water
- ❖ Stop smoking
- ❖ Maintain optimal weight... extra weight increases pressure on the bladder

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