

# **5 TIPS FOR HEALTHY BLADDER TO START THE YEAR OFF RIGHT**

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MPT

(WOMEN'S HEALTH EXPERT)

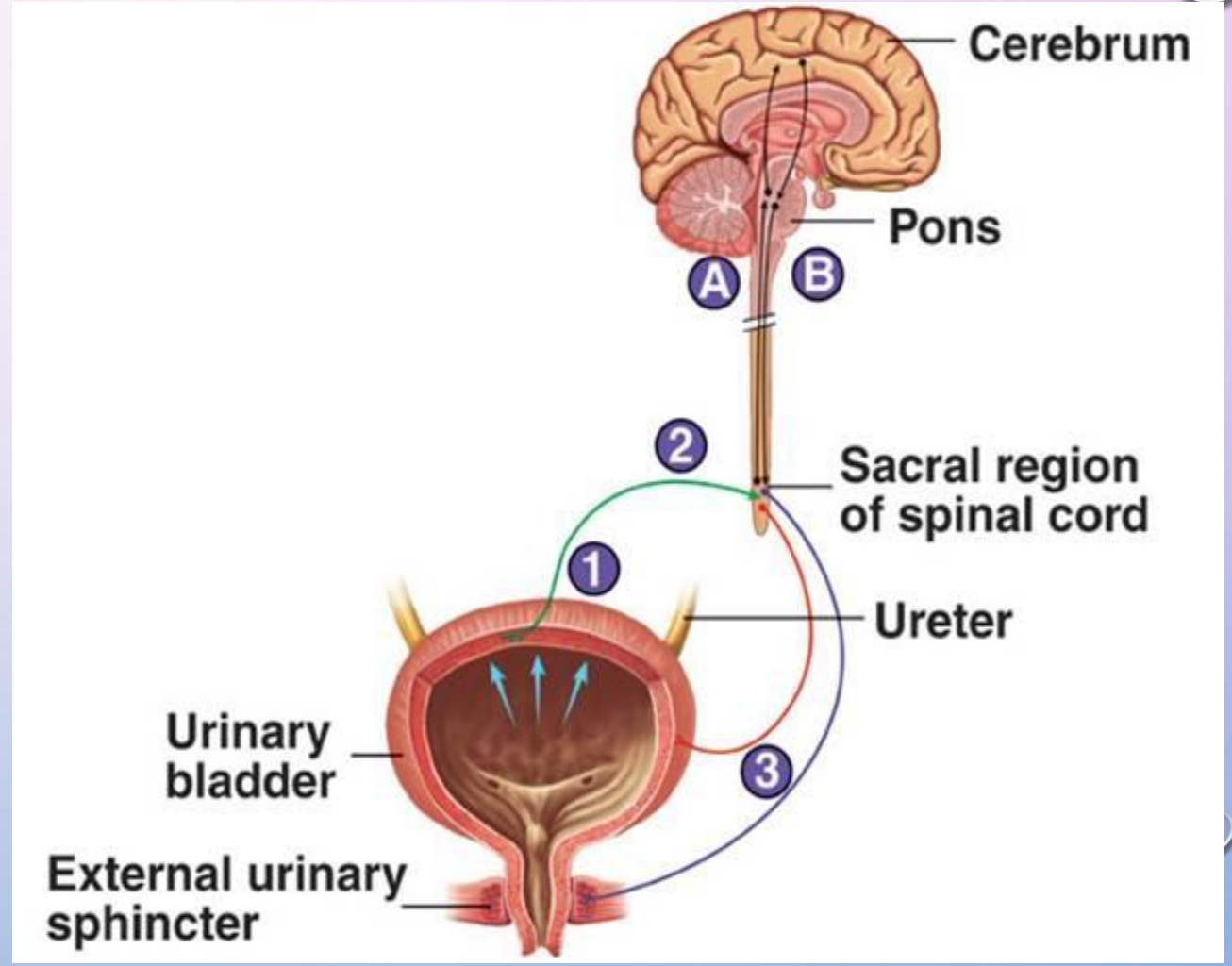
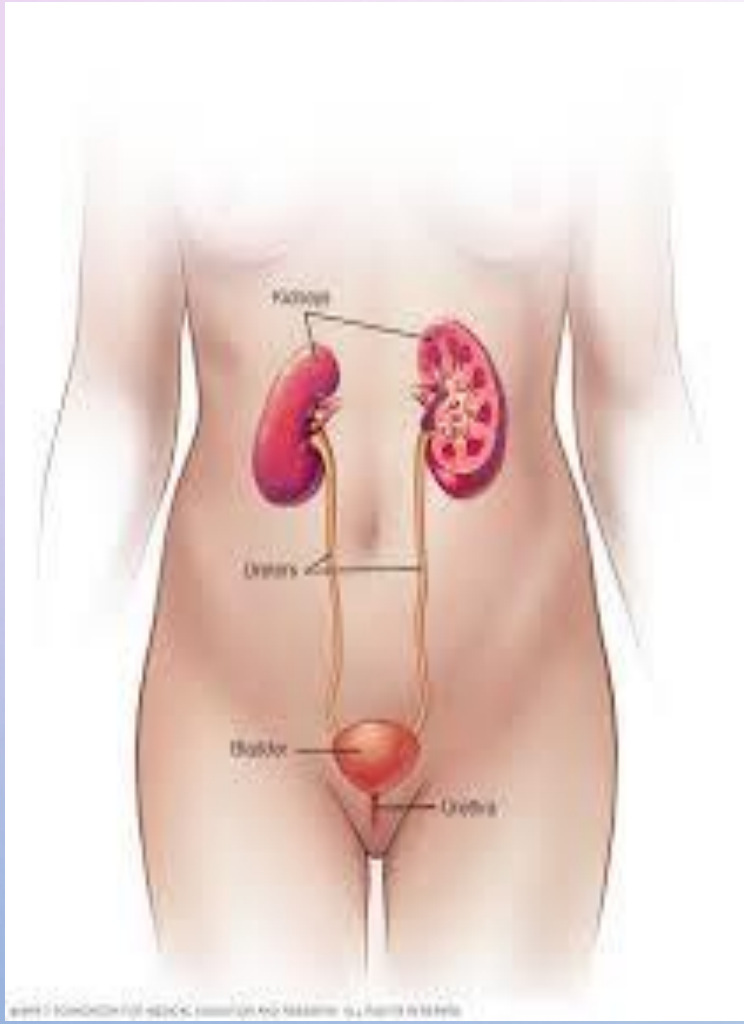


# AGENDA

- NORMAL BLADDER ANATOMY AND PHYSIOLOGY
- WHAT IS URINARY INCONTINENCE?
- WHAT IS PROPER HYGIENE AND TOILETING HABITS?
- HOW TO DO KEGEL EXERCISE?
- HOW MUCH LIQUID IS NORMAL, HOW MANY TIMES GOING TO THE BATHROOM IS NORMAL AND WHAT IS THE PROBLEM?
- WHAT TO EAT AND WHAT NOT FOR HEALTHY BLADDER
- PRACTICAL APPLICABLE TIPS.

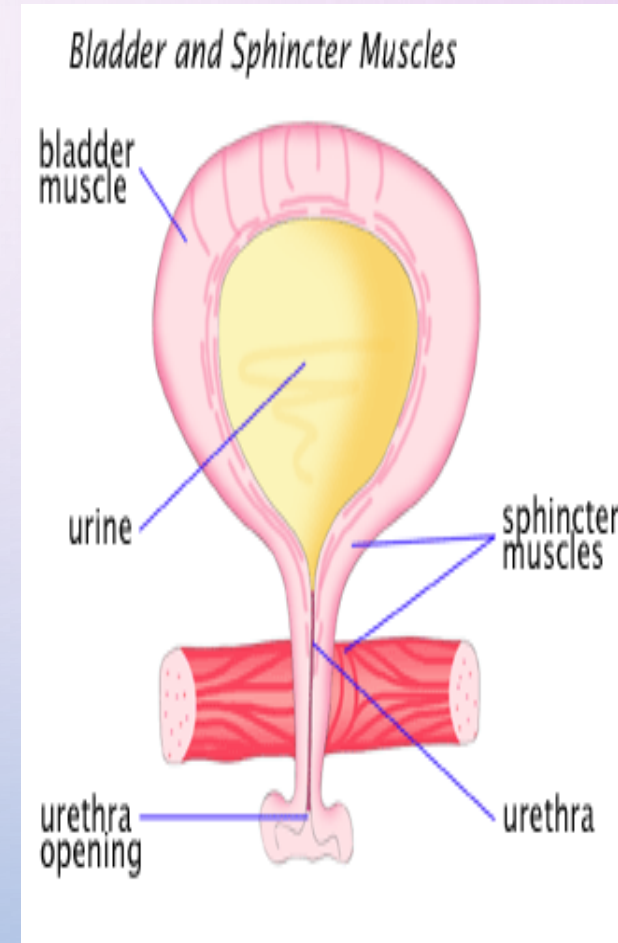
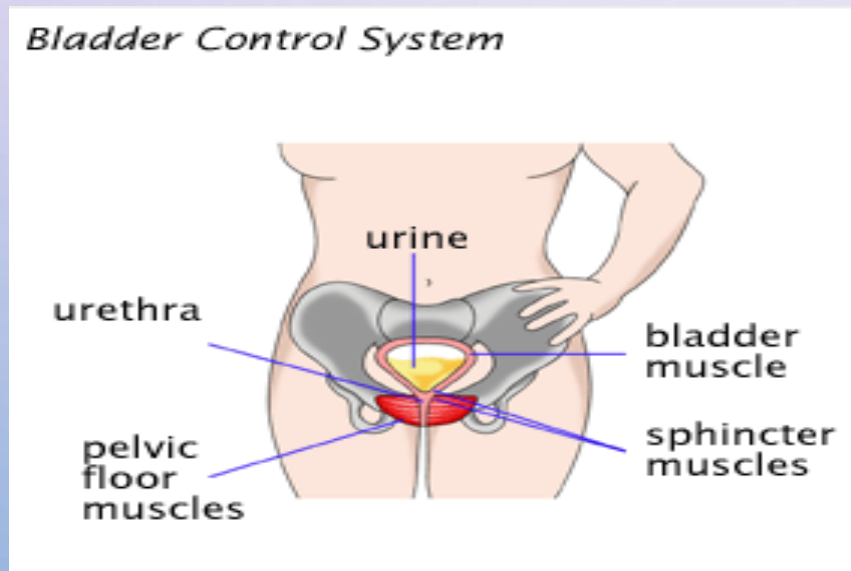
# ABOUT ME

- PELVIC FLOOR THERAPIST
- OWNER OF PERSONALIZED PHYSICAL THERAPY AND WELLNESS
- PUBLISHED AUTHOR OF RESEARCH PROJECT ON WOMEN WITH STRESS INCONTINENCE
- ALSO WORKING IN HIGH POINT MEDICAL CENTER (INPATIENT REHAB AND IN LEXINGTON WITH ELDERLY POPULATION IN A PACE FACILITY).



# WHAT IS URINARY INCONTINENCE (UI)?

- LOSS OF BLADDER CONTROL DUE TO
  - BLADDER MUSCLE CONTRACTIONS
  - WEAK PELVIC FLOOR AND/OR SPHINCTER MUSCLES
  - BLOCKAGE IN THE URETHRAL OPENING



Images source [National Kidney and Urologic Disease Information Clearinghouse](#), accessed on



IDEAL NORMAL FREQUENCY?

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- THE NORMAL NUMBER OF TIMES TO URINATE PER DAY IS BETWEEN 6 – 7 IN A 24 HOUR PERIOD. (BLADDER AND BOWEL COMMUNITY)



**IDEAL NORMAL FLOW?**



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- AVERAGE STREAM OF PEE IS **7 SECONDS**.

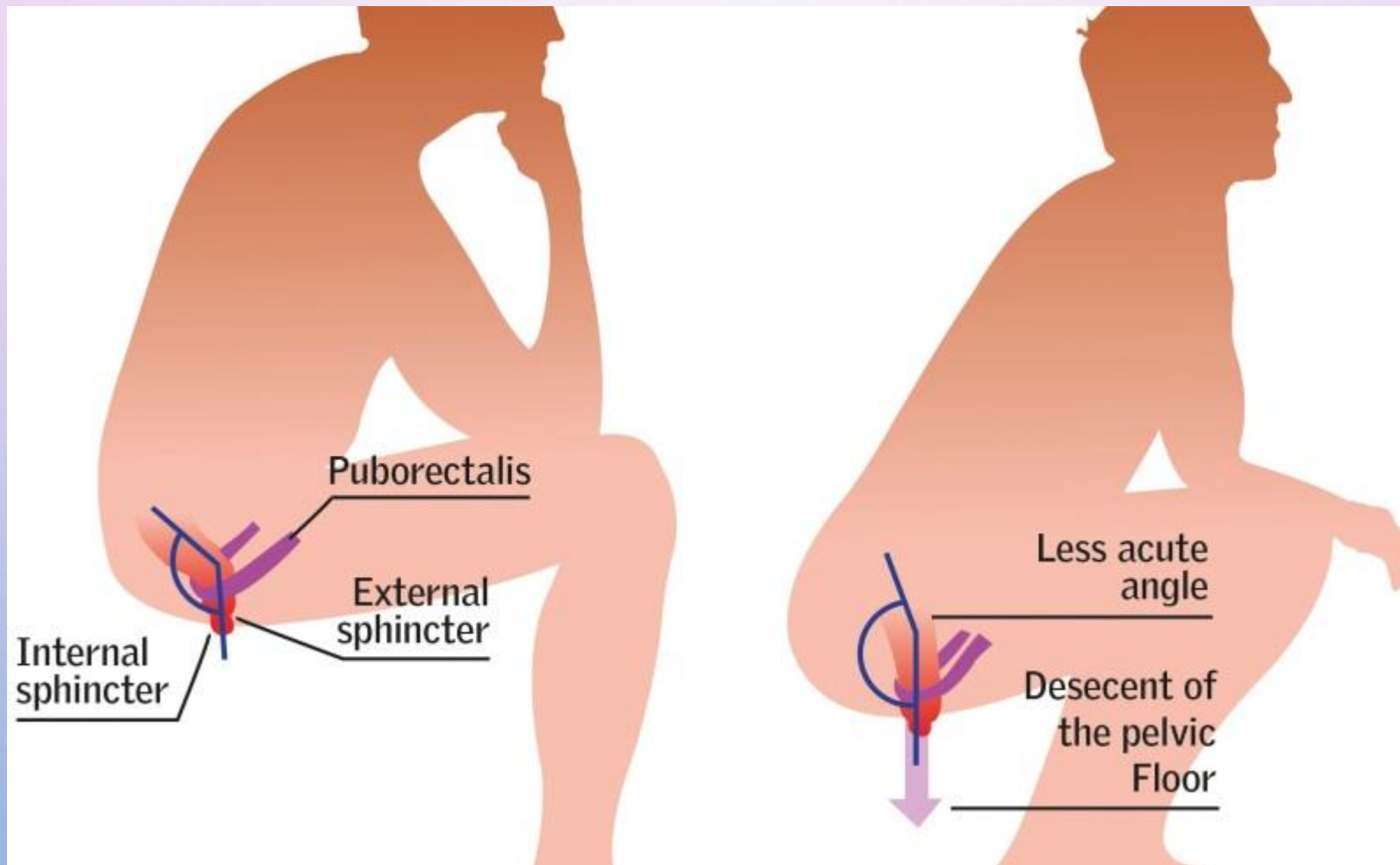
# TIP 1 PRACTICE GOOD TOILET HABITS

- DON'T GET INTO THE HABIT OF GOING TO THE TOILET 'JUST IN CASE'. ONLY GO WHEN YOU NEED TO.
- THE NORMAL NUMBER OF TIMES TO URINATE PER DAY IS BETWEEN 6 – 7 IN A 24 HOUR PERIOD. (BLADDER AND BOWEL COMMUNITY)
- AVERAGE STREAM OF PEE IS **7 SECONDS.**

# TIP 1 PRACTICE GOOD TOILET HABITS

- DON'T HOVER USING PUBLIC TOILETS
- AVOID DISTRACTION
- VISUALIZE MUSCLES SINKING DOWN
- SQUATTY POTTY





## **TIP 2 GOOD HYGIENE PRACTICE**

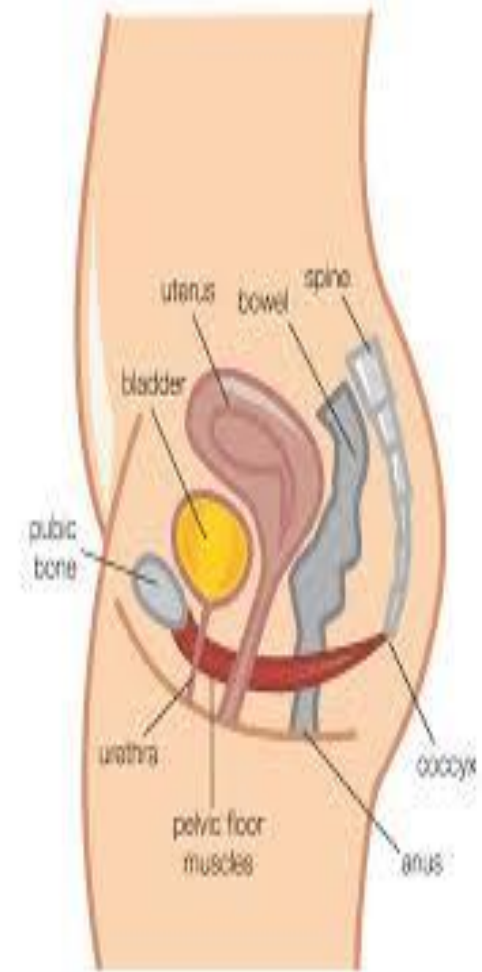
- **URINATE AFTER SEX.** BOTH WOMEN AND MEN SHOULD URINATE SHORTLY AFTER SEX TO FLUSH AWAY BACTERIA THAT MAY HAVE ENTERED THE URETHRA DURING SEX.
- **DON'T USE SCENTED SOAPS, SCRUB, PERFUMES TO CLEAN YOUR VAGINA,** JUST USE FINGERS AND WATER TO CLEAN, ITS VERY SENSITIVE AREA.

## **TIP 2 GOOD HYGIENE PRACTICE**

- **WEAR COTTON UNDERWEAR AND LOOSE-FITTING CLOTHES.** WEARING LOOSE, COTTON CLOTHING WILL ALLOW AIR TO KEEP THE AREA AROUND THE URETHRA DRY. TIGHT-FITTING JEANS AND NYLON UNDERWEAR CAN TRAP MOISTURE AND HELP BACTERIA GROW.

## TIP 3 DO KEGELS, STAY ACTIVE

- PELVIC FLOOR EXERCISES, ALSO KNOWN AS KEGEL EXERCISES, HELP HOLD URINE IN THE BLADDER. DAILY EXERCISES CAN STRENGTHEN THESE MUSCLES, WHICH CAN HELP KEEP URINE FROM LEAKING WHEN YOU SNEEZE, COUGH, LIFT, LAUGH, OR HAVE A SUDDEN URGE TO URINATE.
- RELAXATION IS EQUALLY IMPORTANT, BREATH. AVOID HOLDING BREATH, 8-12 CONTRACTIONS, 10 SEC HOLD, 6 SEC RELAX, 3-4 FAST CONTRACTIONS, 3 TIMES A DAY,



## **TIP 3 DO KEGELS, STAY ACTIVE**

- DON'T OVER DO, IF PROBLEMS WORSEN STOP, SEE PELVIC FLOOR SPECIALIST
- KNACK
- 30-45 MINUTES OF CARDIO AND STRENGTHENING TO KEEP BMI EQUAL TO OR LESS THAN 25



## **TIP 4 DRINK WELL**

- **DON'T REDUCE YOUR FLUID INTAKE IF YOU HAVE A BLADDER CONTROL PROBLEM, AS THIS WILL CONCENTRATE YOUR URINE AND MAKE THE PROBLEM WORSE.**
- **THE NATIONAL ACADEMIES OF SCIENCES, ENGINEERING, AND MEDICINE SAYS A HEALTHY MAN SHOULD DRINK ABOUT 15.5 CUPS OF FLUIDS A DAY (3.7 LITERS) AND A HEALTHY WOMAN SHOULD CONSUME ABOUT 11.5 CUPS (2.7 LITERS).**

## **TIP 4 DRINK WELL**

- **MANY PEOPLE'S BLADDERS ARE SENSITIVE TO IRRITANTS PRESENT IN COFFEE, CARBONATED SODA, TEA AND ALCOHOLIC BEVERAGES, SOME ACIDIC FRUITS, LIKE ORANGES, GRAPEFRUIT, LEMONS, LIMES AND SOME FRUIT JUICES, CAN ALSO IRRITATE YOUR BLADDER**

## TIP 5 HEALTHY DIET

- AVOID CONSTIPATION, AS THIS AFFECTS BOTH BLADDER AND BOWEL FUNCTION. IF YOU OFTEN STRAIN TO MOVE YOUR BOWELS, THE PELVIC FLOOR STRETCHES AND WEAKENS OVER TIME, IMPACTING BLADDER CONTROL.
- EAT PLENTY OF FIBERS, THIS IMPROVES BOWEL FUNCTION BY ABSORBING WATER AND ADDING BULK TO YOUR BOWEL MOTIONS. **GOOD SOURCES OF FIBER INCLUDE WHOLE-GRAIN BREAD AND CEREALS, BARLEY, BROWN RICE, OATMEAL, BEANS, PEAS, APPLES, CABBAGE AND CARROTS. FOR SNACKING, TRY FRESH OR DRIED FRUIT, RAW VEGGIES, POPCORN, WHOLE-GRAIN CRACKERS OR A HANDFUL OF NUTS.**

## **TIP 5 HEALTHY DIET**

- **WOMEN SHOULD BE GETTING ABOUT 21 TO 26 GRAMS OF FIBER DAILY, DEPENDING ON HOW MUCH THEY EAT (FIGURE 14 GRAMS FOR EACH 1,000 CALORIES CONSUMED A DAY).**
- **EAT 2 SERVINGS OF FRUIT, 5 SERVINGS OF VEGETABLES AND 5 SERVINGS OF CEREALS/(WHOLE MEAL) BREADS EACH DAY.**

# OFFER FOR ATTENDEES

- **WHATS INCLUDED IN EVALUATION:-**

-BLADDER AND LIFESTYLE AUDIT(\$60 VALUE)

-LEAK FREE FUTURE ROAD MAP(\$40 VALUE)

-DOCTOR'S REPORT OF FINDING(\$40 VALUE)

-A HOME BODY REJUVENATION PROGRAM(\$60 VALUE)

## **PLUS**

24 X7 ACCESS TO DOCTOR OF PHYSICAL THERAPY (\$80 VALUE)

LIVE FEEDBACK ON MOVEMENT FORM(\$40 VALUE)

REAL TIME ADJUSTMENT TO YOUR ROUTINES(\$30 VALUE)

- **\$350 VALUE,**

- **\$99.**

- **ONLY 3 SPOTS AVAILABLE!**

# QUESTIONS, COMMENTS OR THOUGHTS?

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